THAT'S A WRAP

TICKET SALES, TV RATINGS AND ANECDOTES INDICATE LONDON HAS EMBRACED PARALYMPIC GAMES LIKE NO OTHER CITY BEFORE IT PAGE 45

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Monday, September 10, 2012

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TAKING FAN TO CLOUD 9

Halle Berry signs a photo of herself as Catwoman for a grateful fan during her appearance at the Toronto International Film Festival on Sunday to promote her new film, Cloud Atlas. More TIFF coverage, pages 30 to 32. CONTRIBUTED/CENTRAL IMAGE AGENCY

Man killed son, then himself: Cops

Milton. 'I'm never going to un-see that,' says 12-year-old girl after police bring out bodies in murder-suicide

JESSICA SMITH
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A father killed his six-year-old son and then himself in Milton, the Halton Regional Police Service confirmed on Sunday.

A 12-year-old girl and her friends stood outside the home on Sunday talking about the boy, Noah, who police said was killed by his father, 43-year-old Wojciech Kosalka, in their home on Clark Boulevard.

The girl, whose name is being withheld because of her age, said she has been watching the house since police entered with guns on Saturday afternoon.

Noah Kosalka FACEBOOK.COM

"I was at home at the time. I came outside and saw so many police. I was scared," she said. "I was out here last night when they brought out the bodies. I'm never going to un-see that."

The girl and her friends knew Noah and went to school with him at Hawthorne Village Public School.

"He likes my dogs. He comes up to the window and tried to play with them. We used to see him all the time," she said.

She described the Kosalka family as "really shy."

Neighbour Sara Khan said the Kosalka family didn't really socialize with the other neighbours, which was odd for the otherwise friendly street.

"They kept to the themselves," she said.

She said Wojciech has a wife named Tanya who is a teacher. Police would not comment on whether anyone else lived in the house with the father and son.

MORE FATALITIES AROUND GTA, PAGE 3

TTC a work in progress

CEO's modernization efforts well underway PAGE 6

Television battleground

Couric, Lake, Probst set to duke it out on daytime TV PAGE 27

Waiting game for survivors

Southwestern China rocked by series of temblors PAGE 9

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Not suspicious: Police

Mother of suspect in body-parts murder found dead in home

The mother of the suspect in the notorious body-parts murder of Guang Hua Liu was found dead in her son's Scarborough townhouse Sunday morning.

Police said they went to Chun Qi Jiang's townhouse on Brimwood Boulevard in northwest Scarborough after receiving a phone call around 10:45 a.m.

The death is not thought to be suspicious and police said they weren't sure when Jiang's mother died. An autopsy will occur early this week, police said.

Jiang, 40, was charged with second-degree murder last month and has been in custody since his court appearance two weeks ago. He is due back in court Monday. TORSTAR NEWS SERVICE

Aiding stabbing victim

Good Samaritan's purse stolen

A Good Samaritan became a victim herself when her purse was stolen after she stopped to help a man who had been stabbed outside a downtown nightclub early Sunday morning.

The man suffered knife wounds in the chest, back and arms during an altercation outside the Nocturne Nightclub on Queen Street West near Bathurst Street shortly before 4 a.m., according to Toronto police.

Police said the woman, with some paramedic training, was an innocent bystander. Staff Sgt. Ralph Brookes said she tried to help the wounded man while waiting for paramedics to arrive.

The stabbing victim has been operated on and is now in stable condition. TORSTAR NEWS SERVICE

An officer stands guard on the front porch of a house on Clark Boulevard in Milton. Homicide detectives and the Halton forensic unit were investigating a murder-suicide. JESSICA SMITH/METRO

Police locate car in deadly shooting

Wave of violence. Victim gunned down on Malvern street one of five people killed in the GTA on Saturday

JESSICA SMITH
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A 26-year-old man was shot and killed on the fifth floor of an apartment building in the Upper Beaches at about 11:15 Saturday night, near the end of a violent day in the GTA.

Police would not confirm reports from neighbours at 11 Main St. that the victim, the boyfriend of a woman who lived on the fifth floor, was confronted by two suspects and shot in front of the elevator on the fifth floor.

Officials have not yet released the name of the victim, pending notification of his family.

Monica Seapy said she was woken up by police guarding the hallway on the fourth floor and saw officers searching the area around the apartment complex until about 7 a.m. She went up to the fifth floor and saw a bullet hole by the elevator.

"This is really scary," she said.

Seapy said the building recently installed video cameras in the underground garage and in the lobby, but not where the shooting occurred in the upper hallway. "Maybe they can see them (the suspects) coming and going," she said.

Four other people were killed in the GTA on Saturday, including a murder-suicide.

Abdulaziz Farah
CONTRIBUTED/TORONTO POLICE SERVICE

Abdulaziz Farah, 28, was shot on Fawcett Trail in the Malvern area of Scarborough at around 12:30 a.m. Police said the suspect, or suspects, drove off in his car, a black, four-door Acura with chrome rims, license plate BMEP115. Officers located the car on Sunday, police said.

On Saturday afternoon at around 1:20, police and emergency crews were called to Clark Boulevard in Milton, where 43-year-old Wojciech Kosalka was found dead along with his six-year-old son Noah, also deceased. Halton police said Wojciech killed himself and his son.

At 1:36 p.m., 40-year-old Aicha Saludares of Mississauga was shot at 480 Lakeshore Rd. E. Police are looking for her husband, Nelson Tayongtong. Officers are asking anyone who sees him to contact 905-453-2121, ext. 3205 immediately, but not to approach him as he is considered dangerous.

SMEN 1 NEWS

Mobile news

Ever wonder what the Royal Family would look like as the undead? Canadian 'Zombie Illustrator' Rob Sacchetto has. Scan the code to view the artist's ghoulish gallery of Royals.

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Drug abuse

Anti-overdose kit sought after

A unique program that puts the power to stop a potentially fatal overdose into the hands of addicts has revived at least 40 people since it was introduced a year ago, Toronto public health officials say. Other Ontario jurisdictions want to implement similar programs — especially in small towns where heroin use has spiked since the discontinuation of OxyContin. As part of Toronto Public Health's POINT Program, users get about 20 minutes of training on how to inject naloxone, a drug emergency responders typically use. They are then given a kit with two doses of the drug and three needles. TORSTAR NEWS SERVICE

Changing of seasons

Expect muted colour for fall leaf show

Leaves around the city will soon begin changing colours, but with a dry and hot summer now in the background, some will be more vibrant than others.

Slight drought could mean deeper fall colours, but for severely dried-out trees in Toronto's more concrete-infested areas, early leaf dropping will make for a less vibrant skyline.

Leaves begin to change once days get shorter, thereby slowing down photosynthesis — the conversion of energy within a plant. Chlorophyll, which gives leaves their green colour, then retreats and yellows and reds start to show through. TORSTAR NEWS SERVICE

Fraud charges

Serial bad tenant to appear in court

Nina Willis, a serial bad tenant, will appear in a Toronto court to face fraud charges in May.

Willis was arrested in January and charged for allegedly providing two homeowners with "fraudulent cheques," and false employment information. Friday, a College Park Court Judge set the case for trial next spring.

Torstar News Service has been following her case, which shows how easily tenants can manipulate the provincially funded Landlord and Tenant Board using protections designed to avoid unfair evictions to stay in properties without paying rent. TORSTAR NEWS SERVICE

Truck food can also be art

Food on the move. awesTRUCK delivers much more than burgers and fries

THERESA ALBERT
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Artists don't wait for approval, permits or government sanctions — they paint, snap, create and push the envelope. This weekend saw food artists do the same with their awesTRUCK 2012 celebration and competition at the Brickworks.

According to key food truck activist and event organizer, Suresh Doss, this has been 12 years in the making. "Since amalgamation of Toronto's Mega City, there has been a moratorium on food truck permits and bylaw changes." (At the moment, events like these are the only way food lovers can see, taste and understand this style of street eats.)

Event co-host Pay Chen explains that food trucks are an underestimated small business art form. "Creating artisan food in a small space with the inherent restrictions of a kitchen on wheels is a challenge that deserves recognition." Beyond that, they need to design their trucks and create an appealing marketing plan and sell their wares against all odds (and legislation).

Fun food facts

- 19 Food Trucks in Ontario
- 6 new food trucks expected in the next 3 months
- 15 new food trucks expected in the next 6 months
- $80,000 average cost of a food truck

(Source: Ontario Food Trucks)

The awesTRUCK event is the first of its kind and it sold-out during a week when the city had a lot of TIFF competition. The 600 VIP and 1,000 general admission tickets were gobbled up.

The clear winner, well respected El Gastronomo-Vagabundo, is owned by Australian chef Adam Hynam-Smith and his Canadian partner Tamara Jensen. They pulled in three awards: Best Concept, Best Menu Item and Best Road Warrior.

Hynam-Smith and Jensen have been operating the longest (a mere three years) and appear to be the leaders in this determined, creative and growing group of food truck artisans. Their Fish Taco with smoked pineapple and habanero hot sauce, red cabbage green apple tarragon slaw, toasted coconut sour cream was a big hit.

Finding a food truck to explore and support should get a lot easier in the coming summer if this event speaks for anything. As co-host Michelle Jobin of Global Toronto remarks: "This event will help change the perception that food trucks are all about burgers and fries. Including a visual artist competition ties it all together (competition winner, Racheal McCaig also took the photo on right). The food art inside the trucks, the art on the trucks and the spirit of the movement highlights the genre."

Doss says that the association is working on an event for Halloween and hoping it will be in the Distillery District, but the best way to get the most up to date information is to join the OntarioFoodTrucks group on Facebook or @ontariofoodtruck on twitter to stay up on the news and find out about future events.

El GastronomoVagabundo owners and triple winners at awesTRUCK2012 with host Michelle Jobin.
RACHEAL MCCAIG PHOTOGRAPHY/FOR METRO

Recommendations

awesTRUCK finalists' top menu picks:

- **El Gastronomo Vagabundo** — Fish Taco — Winner!
- **Dobro Jesti** — Risotto Rice Balls in a bed of marinara
- **Gorilla Cheese** — El Jefe grilled cheese with ham, pork, pickles and swiss
- **Rome'n Chariot** — Meatball slider with parsley and basil
- **Southern Smoke** — Applewood smoked brisket with smoked mac & daddy cheese
- **Cupcake Diner** — Caramel Apple Cupcake

TIFF concerts turn spotlight on homegrown talent

Local singer-songwriter Jason Collett will perform songs from his forthcoming new album at Festival Music House on Wednesday. SUPPLIED

Lights, camera ... music? While much of the city's attention is currently captured by celebs and celluloid, what's a good film without an equally compelling soundtrack? The organizers behind Festival Music House, a three-night series of invite-only concerts by independent Canadian artists at the Mod Club tonight through Wednesday, hope the moviemakers in town for TIFF might just hear something that could potentially end up providing the sonic backdrop to their next project.

"There is such a symbiotic relationship between film and music," says Jeffrey Remedios, head of indie label Arts & Crafts, which books and produces the event. "The goal of Festival Music House is to showcase the best established and emerging Canadian music to the film industry."

The event, now in its third year, showcases five genre-spanning acts per night to a crowd of actors, directors, producers and music supervisors — Remedios recalls festival CEO Piers Handling and actor Geoffrey Rush rocking out to local band Rural Alberta Advantage last year — in a VIP setting.

Quoted

"Licensing my music to films has been paying my mortgage and my kids' university tuition for years."
Jason Collett

Local singer-songwriter Jason Collett will perform some of his politically-tinged new tunes at Festival Music House on Wednesday night. Collett, whose heartfelt folk-rock songs have popped up in several Canadian films, acknowledges that placing songs on film and television soundtracks has become an important avenue for artists.

"Licensing my music to films has been paying my mortgage and my kids' university tuition for years," Collett says, noting that his favourite use of one of his songs was in a "heartbreaking" scene in Sarah Polley's recent infidelity drama Take This Waltz. "It was very effective dramatically, rather than just being background music. I actually felt the movie gave me a further insight into my own song."

As the buzz spreads about Festival Music House, the event has begun to achieve its objective of connecting the worlds of music and movies, Remedios says. FMH now regularly receives over 300 applications for the 15 annual showcase spots, and the event has become an essential stop in TIFF delegates' busy schedules.

"It's been great to see the film industry get more and more engaged with FMH," says Remedios. "Seeing the Mod Club filled with folks dressed to the nines with their arms in the air... is kind of amazing."
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Service's customer relations 'still far behind'

Urban affairs expert Matt Blackett, a TTC rider and publisher of Spacing magazine, served on the blue ribbon panel that was chaired by Toronto hotelier Steve O'Brien.

Blackett agrees the TTC's bleeding has stopped but he remains skeptical that the system has turned the corner on its customer relations.

"They are still really far behind on communicating well with passengers. I'm still on streetcars that are getting short-turned," he said.

"You're probably seeing a lot less complaints, you're not finding sleeping ticket collectors, TTC staff have probably got the message they're being watched," he said.

The toxic mood on transit had been stewing for years, contends Blackett. Technology just brought it into the open. He cites an incident when a collector refused to believe he'd paid the full fare. The transit worker made a scene, locking the turnstile when Blackett tried to proceed.

"That was 1998 but I didn't have a cellphone that could take pictures and I didn't have Twitter. The culture and immediacy has changed," he said.

TTC chair Karen Stintz has her own anecdotes. She recalls being stuck on an overheated, over-crowded train in a tunnel "for what seemed like 20 minutes."

Not a single announcement explained the delay. When she complained to her predecessor, former transit chair Adam Giambrone, she says he didn't reply.

Another time she watched a TTC worker drop a newspaper on the floor of the train. When Stintz spoke up, the transit worker, who didn't recognize the city councillor, said it wasn't her job to pick up the paper.

"It doesn't matter whose job it is. It's our system," says Stintz.

"I think people are beginning to believe we are committed to change," she said. But she would never say things are all better.

TORSTAR NEWS SERVICE

TTC chair Karen Stintz recalls being stuck on an over-heated, over-crowded train in a tunnel.

BERNARD WEIL/TORSTAR NEWS SERVICE

Has TTC changed to better ways?

Makeover. Two years ago a blue ribbon panel handed the TTC a 78-point prescription to fix customer service

TTC CEO Andy Byford knows the TTC's dated technology and traditional business practices are no joke to the system's 1.6 million daily riders.

Since taking over the top job from his politically ousted predecessor in February, the sleeves-up Brit who came to Toronto via Sydney, has put his shoulder into bringing the TTC into the 21st century.

It's not precisely the makeover prescribed two years ago in a report by a blue ribbon panel on customer service that was convened to stem a brewing mutiny among transit riders.

But Byford's modernization efforts, including a five-year strategic plan, offers the most solid sense yet that a cultural turnaround is not only possible but actually underway at Canada's largest transit authority.

The system's stinky washrooms have been renovated and cleaned; trains are cleaned regularly throughout the day; there's been a crackdown on surly service and distracted driving; and electronic signage is replacing the hand-written scrawl that clutters collector booths.

Byford, who has doffed the TTC's traditional title of chief general manager in favour of CEO, has reorganized his executive team.

He holds weekly meetings in a war room at the Davisville headquarters. It's a technique he says works at big corporations like Bombardier. Executives gather — no chairs — for a 30-minute rundown of where each department stands on key performance measures: On-time service, customer complaints, workplace accidents, financials, cleanliness. Red and green arrows on white boards show which areas are trending up and which are down.

Performance statistics are also posted on the TTC's website. "Ultimately, what I am trying to do is professionalize the whole outfit," says Byford.

Byford doesn't want to alienate the workforce, but it is clear that every aspect of the system is getting a re-think. Among the most significant improvements, the TTC is finally rolling out limited electronic payments — no credit cards yet — but soon every station will accept debit payments for passes only and the city has finally agreed to adopt the provincial Presto fare card by 2015.

"There's no way we can call ourselves a modern system when you have to go with your little pouch of cash" to buy your fare, admits city Coun. Karen Stintz, the TTC chair.

In 2009, a fare hike, accompanied by long lines of customers hoarding tokens, segued into riders taking out their phones to shoot embarrassing pictures and videos of sleeping and rude transit workers.

TTC officials were blindsided by the anger. After all they were just conducting business as usual.

The TTC is still too crowded, says Stintz. Its funding constraints are serious. But, she says, "You don't need funding to treat passengers like customers."

Fellow Coun. Peter Milczyn, who was on the transit commission in 2009 when rider relations turned vicious, says the public criticism was probably justified, that the TTC had grown complacent, even a bit arrogant.

"Byford has been in different systems and he's seen what works and doesn't work," said Milczyn.

Case in point: Instead of waiting until they're out of service to clean the trains at night, they now get a quick pick-up and mop every time they reach their Kennedy and Finch terminus stations.

The panel recommended more customer service training for employees. But giving drivers and collectors additional classroom instruction is expensive and it's only one way to improve service, says Chris Upfold, the TTC's first chief customer officer.

The TTC has stepped up its mystery shopper program helping identify employees in need of additional help.

Complaints, that were down last year, have risen again, although Upfold's not worried.

"Before February, the customer service centre was open 8 a.m. 'til 5 p.m., five days a week — 40 hours. It is now open 7 to 10 — that's 115 hours, so we've tripled the amount of time it's open," says Upfold.

In the past, people would try to call in before or after the complaints department opened. The fact that they couldn't register the complaint didn't make it go away, it just added to the rider's frustration.

TORSTAR NEWS SERVICE

Chief financial and administration officer Vince Rodo, left, makes his presentation as deputy chief operating officer Jim Teeple and CEO Andy Byford listen. The TTC senior executives all attend a weekly tactical meeting in their visual management centre to discuss what is working, what isn't and what the trends are. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Same old, but not same old?

"Same staff, same cost, just a different way of doing things from how they've done it for the last (number of years) and the results are better." Coun. Peter Milczyn

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Hassan Almrei wants a speedy lawsuit judgment

Custody. Almrei, of Mississauga, spent almost eight years in custody as a security threat until a judge set aside the designation

A judge's findings in freeing a Syrian-born man from almost eight years of national security detention should be enough to validate his civil claim against the federal government, his lawyers are set to argue this week.

On the contrary, government lawyers say, the Federal Court findings in favour of Hassan Almrei should not apply to his lawsuit because they were made for an entirely different purpose.

It will be up to Ontario's top court to choose between the two competing visions in deciding whether a lower court justice was right to side with the government.

Most of the arguments before the Ontario Court of Appeal are highly technical — essentially turning on whether the Federal Court that quashed Almrei's national security certificate decided once and for all the issues now at play in his civil suit.

Almrei, 38, of Mississauga, came to Canada in 1999 and was granted refugee status in 2000. He spent almost eight years in custody or house arrest as a security threat until Federal Court Judge Richard Mosley set aside the designation in December 2009 after a 38-day trial.

Mosley found no evidence he had ever been a member of al-Qaida, and that the government relied on outdated information against him, some of which might have been obtained through torture.

Following that decision, Almrei launched a civil suit against the government and others seeking more than $16 million in general and punitive damages for, among other things, false imprisonment, negligent investigation and abuse of public office.

Almrei's lawyers then asked Ontario Superior Court for a summary judgment in his favour, arguing Mosley had already decided for him on the factual underpinnings of his lawsuit.

The government, which maintains Canadian officials always acted in good faith, argued Mosley's findings had no bearing on the civil suit. It said the same issues needed to be thrashed out at a full trial.

THE CANADIAN PRESS

Trial

- **Appeal Court.** In April last year, Superior Court Justice Sidney Lederman agreed with the government that a trial is needed, prompting Hassan Almrei's lawyers to take their case for summary judgment to the Appeal Court.
- **Fairness** Beyond the legal technicality of "estoppel" at play, both sides are also arguing issues of fairness and justice.

Hassan Almrei, a Syrian refugee who was detained in October 2001 and has been fighting his deportation since, is photographed at his lawyer's office in Toronto. STEVE RUSSELL/TORSTAR NEWS SERVICE

Radon-gas monitors placed in Port Hope homes

A radon monitor. CONTRIBUTED

The big cleanup has started small.

A gadget smaller than a can of pop is measuring levels of radon gas in more than 450 Port Hope homes, as part of the initial radiological survey involved in cleaning up the town.

Property-owners were told of the benefits of the monitor, and 93 per cent of those approached agreed to having it installed, said Walter van Veen, Port Hope project director for the Port Hope Area Initiative.

The agency is in charge of the cleanup of the town riddled with low-level radioactive waste.

"That's extraordinary access to homes," he said, adding that very few residents said no to the radon monitor.

Elevated levels of radon gas could indicate presence of historic low-level radioactive waste around or under a building and reveal how much contamination there is and how much remediation is needed.

About 4,800 properties in Port Hope will be surveyed for radon gas and gamma radiation in the next four years and some 10 per cent are expected to need remediation as part of the cleanup.

In one neighbourhood where radon monitors have been installed, residents are glad, "because now we will know if there is anything wrong with our homes," said Alan, who did not want to give his last name.

He said he knew of at least three other homes with the monitor.

"I didn't see any problem having it in my house," Alan said, adding that some people were skeptical.

"They just didn't want it in their homes."

Van Veen, who joined PHAI about a year ago, said the agency just wants to clean up and "bring the topic (of presence of historic radioactive waste) to a close."

TORSTAR NEWS SERVICE

Monitoring radon

- **Data collection.** The 464 homes are in six neighbourhoods scattered all over Port Hope, two close to Highway 401. The monitors — two in every house: one for the basement, one for the main floor — will stay in the houses for a month and data will be collected. In winter, the monitors will measure radon gas again.

Suitcase discovery

Son charged after remains found

Yuan Xi Tang, 25, has been charged with first-degree murder Friday in Richmond, B.C., in connection with the discovery of his mother's remains in a suitcase, police said. The suspect's mother Lianjie Guo, 47, went missing from Richmond , B.C., on June 7 and police discovered her remains in a suitcase on Harwood Island, near the community of Powell River, in July.

Yuan Xi Tang came to Canada on a student visa in 2006, and his parents were visiting him from China, police said. Yuan Xi Tang was to appear in court next week, police said.

THE CANADIAN PRESS

DUI charges

Teen released on $100,000 bail

Sabastian Prosa, 19, was released on $100,000 bail Friday under strict house arrest conditions after facing impaired charges over a Toronto crash Aug. 5 that killed two people and sent another to hospital. TORSTAR NEWS SERVICE

Sabastian Prosa TORSTAR NEWS SERVICE

Investigation

Suspect sought after two sexual assault cases in Etobicoke

Police are searching for a man in his twenties after two women were sexually assaulted in their Etobicoke residences on Friday.

The man was captured on a security camera near one of the homes wearing a white cloth or T-shirt over his face.

Police are connecting all three incidents based on the victims' descriptions of the suspect.

The suspect is described as tanned or with a darker complexion, between the ages of 20 and 25, five-foot-eight, with a thin build.

TORSTAR NEWS SERVICE

Earthquake survivors in China wait for supplies

81 dead. Subsequent tremors hinder rescue efforts and by noon Sunday there had been 279 aftershocks

Survivors of a series of earthquakes that killed 81 people and injured more than 800 in a mountainous area of southwestern China were desperately awaiting more aid to arrive Sunday.

They were waiting as jolting aftershocks were keeping fears high and hindering rescue efforts.

The latest victim was a two-year-old child who was hit by a falling wall as an aftershock struck Saturday night, the state-run Xinhua News Agency reported.

The first earthquakes struck Friday in a region of small farms and mines near the border between Guizhou and Yunnan provinces, where some of China's poorest people live.

They toppled thousands of homes and sent boulders cascading across roads, and authorities evacuated more than 200,000 villagers.

The aftershocks on Sunday were raising fears of more injuries and fatalities. THE ASSOCIATED PRESS

Quake zone

State media reported Saturday that the army and police had mobilized more than 3,200 personnel to help rescue efforts, along with some 4,000 militia and reserve forces. That means 11,000 rescuers are attempting to clear roads, evacuate people and search for the missing.

- The first magnitude-5.6 quake struck just before 11:30 a.m. Friday and was followed by an equally strong quake shortly after noon. Though of moderate strength, the quakes were shallow, which often cause more damage than deeper ones.

Zhu Yinquan, a teacher, left, helps a woman who lost her seven-year-old daughter in Friday's earthquake in Yunnan province. THE ASSOCIATED PRESS

Tariq al-Hashemi, Iraq's former VP, fled to Turkey when charged. THE ASSOCIATED PRESS

Fugitive former VP of Iraq sentenced to death

Iraq's fugitive Sunni vice-president Tariq al-Hashemi was sentenced Sunday to death by hanging on charges that he masterminded death squads against rivals in a terror trial that has fueled sectarian tensions in the country.

Underscoring the instability, insurgents unleashed an onslaught of bombings and shootings across Iraq, killing at least 92 people in one of the deadliest days this year.

It's unlikely that the attacks in 13 cities were all timed to coincide with the afternoon verdict that capped a month-long case against Al-Hashemi, a longtime foe of Shiite prime minister Nouri al-Maliki.

Still, taken together, the violence and verdict could energize Sunni insurgents bent on returning Iraq to the brink of civil war by targeting Shiites and undermining the government.

Al-Hashemi fled to Turkey in the months after the Shiite-led government accused him of playing a role in 150 bombings and assassinations. THE ASSOCIATED PRESS

Criminals using our less-secure documents to get real passports

Leveraging upward. A stolen SIN number and a forged birth certificate give thieves the ability to obtain more important IDs

The RCMP says other official documents are being used to sign up for legitimate passports THE CANADIAN PRESS FILE

Criminals are increasingly using stolen social insurance numbers and doctored birth certificates to obtain legitimate driver's licences and passports, an internal RCMP report says.

And by leveraging pilfered or forged identity markers into higher-value IDs, criminals can sidestep tough anti-counterfeiting features built into government-issued identity documents, including a pending upgrade of passports with biometric chips.

"Identities are being overtaken, altered or created, facilitating a number of other crimes, including many variations of fraud, typically for financial gain or to conceal a true identity," says the March 2011 report from the RCMP's criminal intelligence division.

It points to a rising use of "breeder" documents — identity records such as social insurance numbers, birth or citizenship certificates — that are stolen, tampered with, then used to sign up for credit cards or valid forms of identity.

The report suggests Ottawa's recent move to stop issuing SIN cards, instead sending the information in a letter, may not hinder identity thieves who skim someone's mail or pick through their garbage looking for the nine-digit number.

The report says the failure of governments to cross-check the authenticity of documents used in applications allows fraudsters to stitch together a "synthetic" identity, combining a stolen social insurance number or altered birth certificate with a made-up name and date of birth.

That means a social insurance number can be successfully paired with an entirely different name on a government application form, since the two are not routinely checked for a match, it says.

And online applications make it easier for criminals to avoid face-to-face interactions when committing identity fraud, the report notes.

Though obtaining credit cards is the No. 1 goal for fraudsters, they're also exploiting gaps in the way numerous official identity documents are issued to acquire a federal passport or driver's license, according to the RCMP.

THE CANADIAN PRESS

Analysis

ID theft now a growth industry

Some 17,000 Canadians lost more than $13-million to identity fraud last year, twice the dollar loss reported in 2007, according to figures collected by the Canadian Anti-Fraud Centre, a federal organization which tracks identity crime.

Having a credit check done at least once a year and keeping an eye out for missing bills are two ways people can protect themselves against the more than two-dozen types of identity crime, she said.

And once bills and government letters have been read? "Shred them."

THE CANADIAN PRESS

RCMP service honours two more fallen members

RCMP officers stand at attention at the 2012 National Memorial Service to honour fallen RCMP members Sunday in Regina. THE CANADIAN PRESS/ROY ANTAL

The RCMP added two names to their honour roll, cenotaph and memorial wall during a national memorial service in Regina on Sunday.

One of those honoured was David John Brolin, who Public Safety Minister Vic Toews says is the first civilian member of the RCMP to be added to the memorial wall.

Brolin died in January after a helicopter accident while he was training with an RCMP emergency response team near Chilliwack, B.C.

The other member honoured was Const. Derek Pineo, who was killed in a collision with a moose while responding to a call near Wilkie, Sask., in July.

The additions of the names brings the total number of fallen members to 230 since 1876.

Sunday's service and memorial parade was held in Sleigh Square at the RCMP Academy.

Toews said Canadians owe a debt of gratitude to members of the RCMP.

"Most of us leave for work in the morning with the full expectation that we will return home safe at the end of our day. Police officers begin their shifts with the knowledge that they are facing the unknown and that they could very well be risking their lives while on the job," Toews said in a statement from Ottawa.

"As a result, a deep level of trust develops among RCMP members, making it all the more painful when one of their own loses their life in the line of duty."

Brolin, who was 46, was the pilot of an Astar B3 chopper that was returning to base after concluding a series of emergency response drills. The helicopter went down around Cultus Lake in an area bordering Department of National Defence land.

Brolin was the only person aboard. The RCMP said that he had worked several years with the Mounties. He left behind two children.

Despite being a civilian member, a full regimental funeral was held for Brolin.

Pineo grew up in Fall River, N.S., and was married with three children. He was based at the Wilkie RCMP detachment in Saskatchewan and joined the force in 2007.

The RCMP memorial service is an annual event that started in the mid-1930s when RCMP members came to Sleigh Square to honour their fallen comrades.

THE CANADIAN PRESS

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Prince Harry gives a thumbs-up Friday after he walked past the Apache flightline at Camp Bastion in Afghanistan, where he will be operating from during his tour of duty as a co-pilot gunner. JOHN STILLWELL, POOL/THE ASSOCIATED PRESS

Prince to give 'copter missions a whirl

Second tour of duty. British royal returns to Afghanistan to fly attack helicopters in fight against Taliban

Prince Harry is finishing his first phase of initial training at Camp Bastion in Afghanistan.

The 27-year-old army captain arrived in Afghanistan for his second tour there on Friday but will not start flying Apache helicopter missions for at least seven more days.

On Sunday, the third-in-line to the British throne was expected to complete his two-day course in first aid, shooting, and roadside-bomb awareness.

He then is to start Apache-specific preparation Monday, where he will begin to familiarize himself with the helicopter's configurations for Afghanistan.

The prince's previous posting as a battlefield air-traffic controller in Afghanistan in late 2007 and early 2008 lasted only 10 weeks. It was cut short amid fears for his safety after his deployment was made public.

THE ASSOCIATED PRESS

One less corgi in the palace. Queen's dog dies

Buckingham Palace says one of Queen Elizabeth II's corgis, who took a star turn in the James Bond sketch during the Olympics opening ceremony, has died.

Monty and two other of the queen's beloved corgis appeared in a James Bond sketch during the opening ceremony, greeting Daniel Craig's James Bond as he arrived at the palace to accept a mission from the monarch.

The palace on Sunday confirmed that Monty — who was previously owned by the Queen Mother — had died. It did not provide details on when or how Monty died, or the age of the dog, but added that another of the queen's pets, dachshund-corgi crossbreed Cider, also had died.

With the death of Monty, Queen Elizabeth II now has two corgis in the palace — Willow and Holly — both of whom also appeared in the Olympics sketch. THE ASSOCIATED PRESS

Not so Nobel

Chinese prize peace their way

Former UN secretary general Kofi Annan, Thailand's prime minister and Microsoft founder Bill Gates are among those nominated for a Chinese alternative "peace prize."

Organizers of the Confucius Peace Prize announced the nominees Sunday for the accolade that last year went to Russia's Vladimir Putin.

The China International Peace Research Center launched the prize in 2010 in an apparent attempt to counter that year's Nobel Peace Prize which went to jailed Chinese dissident writer Liu Xiaobo. He is serving an 11-year prison sentence for co-authoring an appeal for political reform.

Liu's win enraged the government and Chinese nationalists, who accused the Nobel committee of interfering in China's legal system as part of a plot to bring the nation down in disgrace.

THE ASSOCIATED PRESS

What a dolphin

This Flipper won't hear of moving

A deaf dolphin found stranded in March off the Louisiana coast is being taken to live at a facility in Mississippi. Suzanne Smith, rescue co-ordinator at the Audubon Nature Institute, says he would be unable to survive in the wild. Deafness is probably the reason he was found sunburned and stranded on a mudflat.

THE ASSOCIATED PRESS

A two-year-old deaf dolphin is fed in New Orleans last week. AUDUBON NATURE INSTITUTE/THE ASSOCIATED PRESS

Only in Canada. Flu shots made people even more susceptible, study says

A strange vaccine-related phenomenon spotted at the start of the 2009 flu pandemic may well have been real, a new study suggests.

Canadian researchers noticed in the early weeks of the pandemic that people who got a flu shot for the 2008-2009 winter seemed to be more likely to get infected with the pandemic virus than people who hadn't received a flu shot.

Five studies done in several provinces showed the same results. But initially research outside of Canada did not, and the effect was dismissed as "the Canadian problem."

News of the unexpected findings broke at a time when countries in North America and parts of Europe were getting ready to start vaccinating their populations against the pandemic virus.

Some jurisdictions were also trying to figure out whether to offer the seasonal flu vaccine they had purchased — similar to the 2008-2009 shot — along with the pandemic vaccine, in case the seasonal flu viruses continued to circulate. Quebec opted not to offer the seasonal vaccine because of the concerns raised by the studies.

Many people in the public health community found the whole event unhelpful, and many rejected the findings. Some suggested if there was a problem, it might have been with the flu vaccine used in Canada, because the problem wasn't seen elsewhere.

THE CANADIAN PRESS

Pandemic flu

The U.S. Centers for Disease Control recommend seeing a physician if the following symptoms occur:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Low body temperature

Cyclists fight kids' cancer

Diane Klich and Paul Berendson, who are taking part in the Sears National Kids Cancer Ride from Vancouver to Halifax, stopped for a break in Winnipeg Sunday and got a hug from Ben the Sears Charity Bear. They hope to raise $1.5 million to help fight cancer. Follow them at metronews.ca. SHANE GIBSON/METRO IN WINNIPEG

Mammal minesweepers. Canadians watched U.S. Navy dolphins in action

Canadian soldiers got an up-close look at bomb-detecting dolphins during a military training exercise with the Americans off the coast of British Columbia, a newly released document shows.

The U.S. Navy brought four bottlenose dolphins and a support team to Esquimalt, B.C., last year to practise anti-mine tactics as part of Exercise Trident Fury. The training operation took place in May 2011 and involved the armed forces and coast guards of Canada and the United States.

A briefing note to the chief of maritime staff described the exercise as a rare opportunity for the Canadian military to gain valuable experience working with the mammals — something it currently does not do.

THE CANADIAN PRESS

Underwater allies

Mine-detecting dolphins have served for a long time:

- The U.S. Navy has been training dolphins and sea lions since the 1960s.
- During the 2003 invasion of Iraq, navy dolphins helped U.S. forces clear anti-ship mines and underwater booby traps.

Suburban Montreal

Tornado turns off hydro for 90,000

A small tornado hit an area north of Montreal on Saturday as part of a storm that left more than 90,000 homes and businesses without power.

Rene Heroux of Environment Canada says wind speeds hit 120 km/h in Drummondville, Que., tearing off the roof of at least one building.

It was the fifth tornado of the season in Quebec.

There were about 2,400 Hydro-Quebec clients still without power across the province on Sunday afternoon. THE CANADIAN PRESS

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Car bomb kills 17, wounds 40

Syria. Concern grows that civil war is providing new forum for foreign jihadists

A car bomb ripped through Syria's largest city of Aleppo on Sunday, killing at least 17 people and wounding 40 in one of the main battlegrounds of the country's civil war, state-run media said.

No group immediately claimed responsibility for the attack. SANA blamed terrorists, the term the regime uses for rebels.

Al-Qaida-style bombings have become increasingly common in Syria, and Western officials say there is little doubt that Islamist extremists, some associated with the terror network, have made inroads in the country as instability has spread. But the main fighting force looking to oust president Bashar Assad is the Free Syrian Army, a group made up largely of defected Syrian soldiers.

Fighting also raged elsewhere in Syria, with at least 58 people reported killed and scores wounded, according to the Syrian Observatory for Human Rights. That figure excluded the car bomb but included eight killed in an air raid earlier in Aleppo that flattened a residential building. The Free Syrian Army said the strikes came hours after rebels overran army barracks in the Hananu neighbourhood. THE ASSOCIATED PRESS

The fight for Aleppo

- Aleppo's fall would give the opposition a major strategic victory with a stronghold in the north, near the Turkish border.
- A rebel defeat, at the very least, would buy Assad more time.

Free Syrian Army soldiers go to the front line in Izaa district in Aleppo, Syria, on Sunday. The group is made up largely of defected Syrian soldiers. MANU BRABO/THE ASSOICATED PRESS

Inaccurate texts

Al-Jazeera says hackers sent false news alerts

Al-Jazeera says hackers have targeted the Qatar-based TV satellite channel for the second time in a week, sending out false news reports on its mobile phone alert service.

A pro-Damascus group known as the Syrian Electronic Army quickly claimed responsibility for the Sunday hack on Twitter. Qatar is a harsh critic of the Syrian regime and a leading backer of the rebels.

The inaccurate texts sent included a claim that the Qatari prime minister had escaped an assassination attempt. A spokesman says an investigation is ongoing.

Hackers posted a pro-Syrian statement on Al-Jazeera's website last week. THE ASSOCIATED PRESS

No honeymoon

Syrian couple weds in Jordan refugee camp

Snakes, scorpions and swirling dust didn't deter a Syrian couple from getting married at Jordan's tent city for refugees.

A carpenter, Hodasa al-Hariri, 23, married his 20-year-old cousin, Hanan al-Hariri, in a simple ceremony on Sunday at the Zaatari camp.

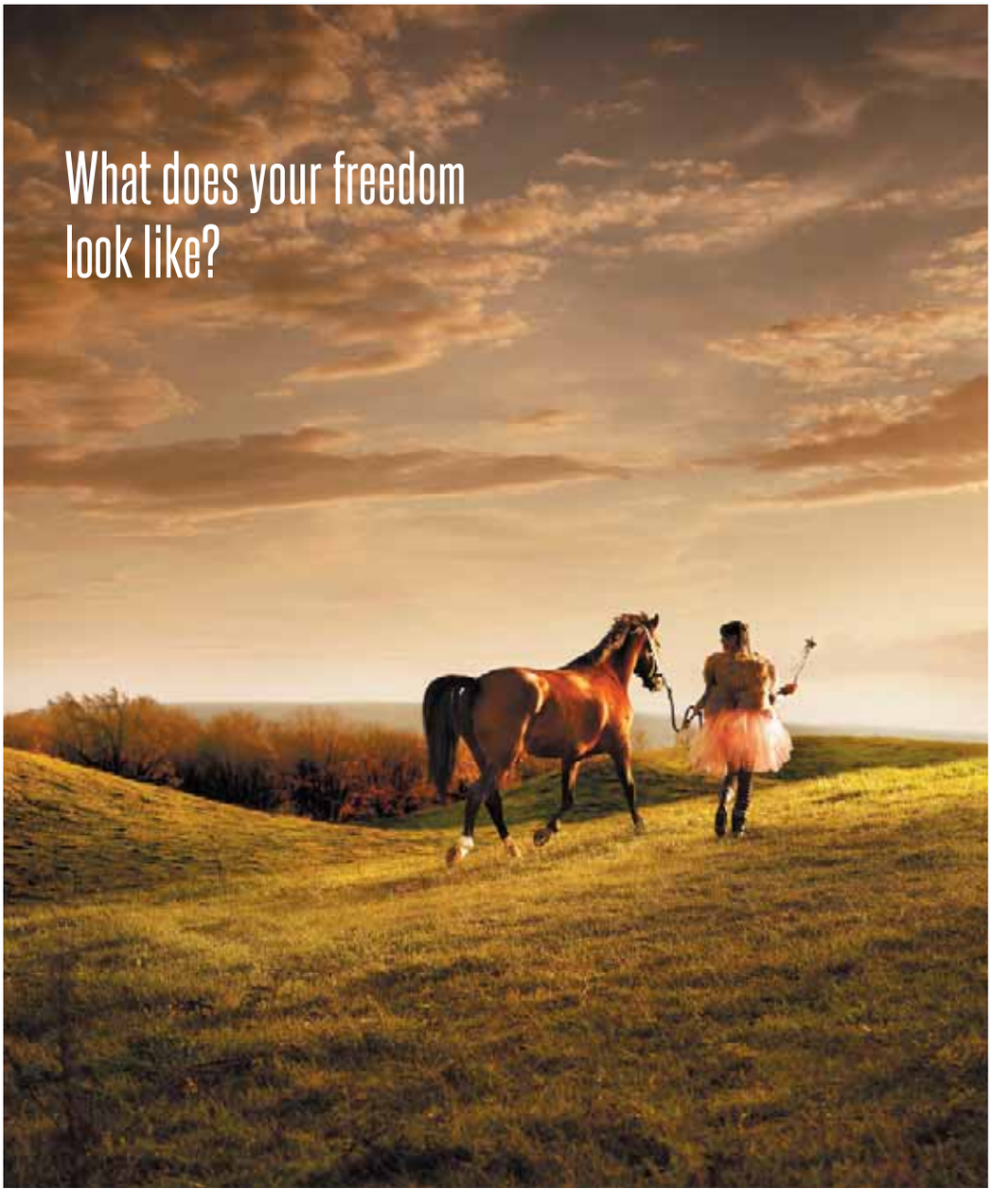
The bride was dressed in a bright pink dress and white headscarf.

The groom said the couple decided to wed in the camp because the crisis in Syria was dragging on and they "expect to be in the camp for a long time."

The couple won't be going away for a honeymoon. The 27,000 refugees are not allowed to leave the camp. THE ASSOCIATED PRESS

Call to release prisoners

A Jordanian Salafist holds a Qur'an during a demonstration calling for the release of prisoners outside the prime minister's office in Amman on Sunday. A Jordanian militant leader linked to al-Qaida warned Sunday that his extremist group will launch "deadly attacks" in neighbouring Syria to topple President Bashar Assad, as Damascus lashed out at France for backing Syrian rebels. RAAD ADAYLEH/THE ASSOCIATED PRESS



Feds turned down bid to revive Avro Arrow

Jet. Project would create made-in-Canada plane and industry that would add thousands of jobs and billions of dollars to Canadian economy, proposal claimed

A Canadian company is seeking to go back in time to help fly Canada's air force into the future.

Documents obtained by the Global News program The West Block indicate an update to the storied CF-105 Avro Arrow was put forward as an alternative to the purchase of F-35 stealth fighter jets.

And among the project's champions is one of Canada's top soldiers, retired Maj.-Gen. Lewis MacKenzie.

The Arrow was an advanced, all-weather supersonic interceptor jet developed in the 1950s but the project was scrapped before a single plane could be built.

MacKenzie told the The West Block that the Arrow's basic design and platform still exceed any current fighter jet and it is perfect for Canada's needs.

"It's an attack aircraft. It's designed for attacking ground targets and its stealth is most effective against short-range radar, protecting ground targets," MacKenzie said.

The plan to build an updated Arrow in Canada instead of buying into an international deal for a fleet of F-35s was originally put before the Harper Conservatives in 2010 by a company called Bourdeau Industries, which has offices in the U.K. and Canada.

The proposal, which was updated in 2012, suggested the plane could fly 20,000 feet higher than the F-35, soar twice as fast and would cost less.

But in June, the government rejected the plan, saying too much money and time was required to execute it and the plane didn't meet the technical specifications required.

"Unfortunately, what is proposed is not a viable option for Canada's next-generation fighter," said a letter from Julian Fantino, who was then Canada's associate minister for national defence. THE CANADIAN PRESS

Quoted

"What we need in Canada is something that can go to the edge of our airspace, from a sovereignty point of view, and be able to catch up with intruders."

Retired Maj.-Gen. Lewis MacKenzie

Family grieves for fallen firefighter

Ron Walter and his daughter, Rachel, are pictured with a ceremonial firefighter's helmet in honour of his son, Ray — who lost his life while on duty for the North Perth, Ont., fire department — during a ceremony for fallen firefighters in Ottawa on Sunday. FRED CHARTRAND/THE CANADIAN PRESS

Arctic. Human remains may be from Franklin Expedition

Archeologists involved in the hunt for the wreckage of the Franklin Expedition in Canada's Arctic have discovered human remains they believe are from a member of the doomed crew.

At Erebus Bay, where at least a dozen members of the Franklin crew are known to have died, "they did find a human tooth, and some bone and a toothbrush," said Marc-Andre Bernier, chief of underwater archaeology for Parks Canada said. "These were really exciting finds."

THE CANADIAN PRESS

Libya. Wear, tear on jets were feared during mission: Docs

There was a fair amount of fretting within air-force ranks about the impact last year's bombing campaign in Libya was having on Canada's aging fleet of CF-18 fighter jets and the country's ability to keep pilots in the cockpits, newly released documents reveal.

Two months into the protracted campaign, there was an intense internal debate about increasing the number of aircraft from seven to nine, prompting military planners to raise a caution flag about wear and tear on the fleet.

THE CANADIAN PRESS

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16 dead

Muslim preachers executed in central Mali

Sixteen Muslim preachers from a moderate sect were shot dead in central Mali as they travelled by road to a religious conference, the Malian and Mauritanian governments said Sunday. Early reports indicate that the men's long beards aroused the suspicion of the military, which confused them for the extremists who have taken over the nation's north.

The preachers were heading to the gathering in Bamako when they were executed in Diabaly, 430 kilometres north of the capital. THE ASSOCIATED PRESS

Wrong turn

Traffic stop leads to guns, drugs, cash

One crime at a time.

That's the lesson for two alleged B.C. criminals who cut off a pair of Surrey Transit Police in traffic last week.

The officers saw the vehicle pull into a parkade, ran the licence plate and found the insurance had been terminated.

When they approached the vehicle, the officers could see a quantity of drugs, cash and four cellphones in the car. A subsequent search of the suspect's vehicle, and another to which they had the key, uncovered a handgun and a loaded magazine, one other handgun and a replica gun. THE CANADIAN PRESS

Slowdown

Hollande blames cuts on economy

French President Francois Hollande is blaming a worse-than-expected economic slowdown for new cuts in the government's growth forecast.

Speaking Sunday in a televised interview on French channel TF1, Hollande said gross domestic product growth will be "barely" above zero this year and only 0.8 per cent in 2013. Less than his government's predicted 1.2 per cent growth.

Hollande also is pledging to forge ahead with a controversial plan to raise income tax on France's wealthiest citizens to 75 per cent. THE ASSOCIATED PRESS

Amazon villagers found safe after report of massacre

Indigenous group. Yanomami welcome government officials, accept health-care treatment, a radio and other needed supplies

Venezuelan officials and journalists investigating reports of a possible massacre in a remote indigenous village in the Amazon have found people peacefully cooking plantains over a communal fire, and no sign of any killings.

Yanomami people in the village of Irotatheri spoke with journalists through a guide, who translated their accounts that there had been no violence. The government flew in journalists by helicopter Friday after a report of killings in the community by an indigenous group.

The villagers stood and watched in apparent amazement as the helicopter passed over their huts and landed nearby in a clearing. Women in the village carried their babies in slings, and people of all ages had their lips bulging with tobacco leaves that they stuff into their mouths and keep there without chewing throughout the day.

Leaders of the Horonami Yanomami Organization released a statement late last month saying that people from a nearby village had visited Irotatheri and reported a mass killing of unknown proportions in early July.

About 40 people live in Irotatheri, a collection of huts that officials say is 19 kilometres from the border with Brazil.

The villagers still largely keep to their traditional ways, wearing face paint and loincloths. But government officials who reached the village ahead of the journalists brought the people T-shirts to cover themselves, and also brought hammocks and cooking pots, which the Yanomami quickly accepted. They also handed them their first spoons.

Many people in the village were treated for skin ailments and conjunctivitis by a doctor.

The villagers performed a dance for the visitors, holding bows and arrows.

The Yanomami have often had to contend with Brazilian gold miners, who for years have crossed into Venezuela and torn up the forest, leaving water laced with mercury.

The government is providing the community with a radio so it can communicate any problems to the authorities. THE ASSOCIATED PRESS

Indigenous group

The Yanomami are one of the largest isolated indigenous groups in the Amazon, with a population estimated at roughly 30,000 on both sides of the Venezuela-Brazil border.

Yanomami people stand next to fallen trees in their village of Irotatheri in Venezuela's Amazon region, Friday. ARIANA CUBILLOS/THE ASSOCIATED PRESS

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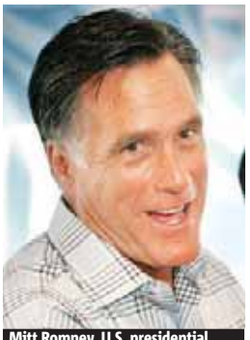
Obama forces Romney's hand on health care

Focus shift. Republican candidate adopts two popular provisions in U.S. president's overhaul of health system

Republican challenger Mitt Romney disclosed on Sunday that he would keep several important parts of Barack Obama's overhaul of the American health care system, altering earlier vows for a blanket repeal of the president's most significant legislative achievement.

Health care was much on the minds of both candidates over the weekend as polls show an upswing in support for Obama following the Democratic National Convention.

Obama was drawing new attention to Romney's plans to alter Medicare, the government health insurance system for the elderly, hitting the issue hard in Florida, a swing state with a vast population of retired Americans.



Mitt Romney, U.S. presidential candidate. RICHMOND TIMES-DISPATCH, DEAN HOFFMEYER/THE ASSOCIATED PRESS

Realizing his potential vulnerability on health care issues, Romney spelled out more details for the first time on what he foresees as his vision. "Our plan … deals with pre-existing conditions and with young people," Romney said, adopting two of the most popular provisions in the hard-fought Obama overhaul that bans insurance companies from refusing to cover people with pre-existing medical conditions and allows young people to remain covered under their parents' plan until age 26.

Obama aides believe they successfully forced Romney to temporarily drop his emphasis on the sluggish economy by raising the Medicare issue. Republican analysts admit it did take Romney off his economic focus, which they say is essential for him to win the election.

THE ASSOCIATED PRESS

Kites dot the sky at Festival of the Winds

Kites fly in the sky during the annual Festival of the Winds on Bondi Beach on Sunday in Sydney, Australia. The annual event hosted by Waverley Council is Australia's largest kite flying festival.

MARK METCALFE/GETTY IMAGES

Storm heads for Newfoundland

The likelihood of tropical storm Leslie's centre making landfall in Newfoundland this week is high and its effects will be far-reaching, the Canadian Hurricane Centre said Sunday.

Chris Fogarty, manager of the centre in Halifax, said it's difficult to predict where in Newfoundland the storm will land because its circulation is about 800 kilometres in diameter.

Fogarty said winds could gust up to 100 km/h in Newfoundland and Cape Breton when it hits on Tuesday.

He said a front that was stalled over New Brunswick and western Nova Scotia on Sunday will merge with some of Leslie's moisture and clouds when it arrives, significantly increasing the threat of heavy rainfall.

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Kosovo conflict. Witness gives detailed account of harvesting captives' organs

A Serbian prosecutor said Sunday that a witness has come forward and testified "in detail" about how ethnic Albanian rebels allegedly harvested organs for trafficking from Serbs taken captive during a war in Kosovo, claims Albania and Kosovo have previously denied.

"We have a witness who testified about a medical procedure, done in northern Albania, that consisted of harvesting organs from Serbs kidnapped during the 1998-1999 conflict in Kosovo," said Serbia's War Crimes prosecutor Vladimir Vukcevic.

The alleged witness — a former Kosovo Albanian rebel whom Vukcevic did not identify by name — claims to have participated in a surgery involving harvesting a heart from a Serb captive in northern Albania and transporting it to the airport near Tirana, Albania's capital, Vukcevic told the Associated Press.

"We estimate that the information this witness has given is true," Vukcevic said, adding that Serbian prosecutors have been checking the witness' claims for more than a year.

The European Union has launched an investigation into claims of organ harvesting, but it was not immediately clear whether the EU investigation team, led by American prosecutor John Clint Williamson, was familiar with the alleged testimony. Vukcevic said he expected "that the witness' testimony will help prosecutor Williamson's probe."

THE ASSOCIATED PRESS

1998-99 war

- About 10,000 people died in Kosovo's 1998-99 war for independence before NATO intervened to force Serbia to end its brutal crackdown against Kosovo separatists and pull its troops out of the territory.
- Serbia has vowed never to recognize the independence of its former province, which many Serbians consider their nation's heartland.

A bear hug for Barack

U.S. President Barack Obama is picked up and lifted off the ground by Scott Van Duzer, owner of Big Apple Pizza and Pasta Italian Restaurant, during an unannounced stop Sunday in Ft. Pierce, Fla.

PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

Estonia

Mock weight-loss ad depicts inmates of Nazi camp

Jewish organizations have denounced an Estonian newspaper for publishing a mock ad for weight-loss pills depicting emaciated prisoners at a Nazi concentration camp.

Sulev Vedler, deputy editor of Eesti Ekspress, says the mock ad, which ran in the paper's humour section, was poking fun at an Estonian gas company that recently used an image of Auschwitz to promote its services.

THE ASSOCIATED PRESS

Myanmar

Independence fighter invited back from exile

One of Myanmar's legendary Thirty Comrades, who spearheaded the struggle against British colonialism has been invited back from exile by President Thein Sein. Kyaw Zaw, 92, fled to China in 1989.

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Putin takes shot at his critics during regional summit

Russia. President says it was the 'weak cranes' that didn't follow him in his effort to lead Siberian cranes in flight recently

President Vladimir Putin struck back Sunday at the Russians who ridiculed his effort to lead young Siberian cranes in flight.

Like the youthful protesters on the streets of Moscow, some of the endangered birds refused to follow Putin as he took off in a motorized hang glider.

"It's true that not all flew right away, but the ones that didn't fly were the weak cranes," Putin said.

His barb, which drew a burst of applause, came as he wrapped up the Asia Pacific Economic Cooperation summit and provided some light relief after days of talks on free trade, food security and other serious issues.

Russian President Vladimir Putin speaks during a press conference in Russia, Sunday. MIKHAIL METZEL/AP

Putin went on to spin a parable of sorts that made clear he was comparing the wayward birds to the discontented Russians who had turned out in the tens of thousands this past winter to protest his 12-year rule.

The performance was a way for Putin to play up his role as host of the summit, which Russia used to showcase the potential of its resource-rich east, and for him to demonstrate his ability to put the opposition in its place.

On his way to Vladivostok for the summit, Putin stopped off at a Siberian ornithological research centre to participate in a project to teach cranes raised in captivity to follow an aircraft so they can be led on their southern migration to Central Asia.

Dressed in a white costume meant to imitate an adult crane, Putin made two flights in the hang glider with a pilot.

THE ASSOCIATED PRESS

In support of Pussy Riot

A masked spectator reacts during the concert organized to support jailed Pussy Riot musicians in St. Petersburg, Russia, Sunday. A Moscow judge has sentenced each of three members of the band to two years in jail on hooliganism charges. DMITRY LOVETSKY/THE ASSOCIATED PRESS

Moscow suburb

Activist prepares to run for mayor

A prominent activist says she has been approved to run for mayor of a Moscow suburb in a vote considered key for the Russian opposition.

Yevgeniya Chirikova gained fame several years ago by leading a campaign to save a forest in the Moscow suburb of Khimki. The election is seen as a litmus test for opposition activists' electability and it could test the government's tolerance for dissent.

THE ASSOCIATED PRESS

Freetown

Sierra Leone gets tough with Iranian ships

Sierra Leone has removed the registration of 10 ships suspected of being Iranian. The executive director of the Sierra Leone Maritime Administration said Saturday that ships "hiding" under their flag have been de-registered.

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Leaders from Pacific-rim nations, including Prime Minister Stephen Harper, pose for a group photo on the final day of the APEC summit on Sunday in Vladivostok, Russia. MIKE BLANCHFIELD/THE CANADIAN PRESS

What Iran does over embassy row won't be a surprise: PM

Diplomatic fallout. NDP Foreign Affairs critic Paul Dewar has said the Canadian embassy closure in Iran has removed Canada as a potential player in the Middle East

With Iran branding his government a hostile stooge of Israel and Britain, Prime Minister Stephen Harper said Sunday that nothing Iran does in response to Canada's severing of diplomatic ties would surprise him.

Harper also pledged that Canada will work through its allies to help three of its citizens still in Iranian prisons. Questions surrounding their fate have become a live issue following Canada's abrupt decision to close its Tehran embassy and expel Iranian diplomats from Canada.

An Iranian lawmaker said his government would have a firm response, while a foreign ministry spokesman called the Harper government hostile and racist, and accused it of doing the bidding of Israel and Britain, according to Iran's Mehr news agency.

Harper said Canadian diplomats were recalled because of Iran's "capacity for increasingly bad behaviour."

"So nothing would surprise me. But that is all the more reason why it's essential that our Canadian personnel no longer be present," Harper told reporters on the final day of the Asia-Pacific Economic Co-operation summit.

"Do I anticipate specific actions? No, not necessarily, but, as I say, we should all know by now that this is a regime that does not stop at anything. So that's just the reality of the situation."

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Death sentence in Iran

- **Charged.** Toronto's Hamid Ghassemi-Shall, 43, who immigrated to Canada after Iran's 1979 Islamic revolution, faces a death sentence after being charged with espionage when he returned to visit family four years ago.
- **In limbo.** His wife, Antonella Mega, said she had been seeking the Canadian embassy's help to clarify reports her husband's death sentence has been suspended, and is unsure how effective the government's promise to make appeals through its allies will be. "I'm not sure how you instil a dialogue when you just cut off the dialogue," she said.

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Four Changes that can Drop Car Insurance Rates

Drivers should be aware of these changes that could lower their rates.

Car insurance is a bill that everyone would like to see reduced, and fortunately there are a number of ways to accomplish that. A few simple changes can save you a lot of money on your car insurance bill.

Changing your Deductible. The deductible can make a difference on car insurance premiums, but many people are afraid to carry a higher deductible because they don't want to have to pay in case of an accident. The truth is that carrying a higher deductible may save you a lot of money over time – more than enough to make up for having to pay it should such an accident occur.

A New Car. If you go from a vehicle that tends to have higher insurance rates such as a luxury car, sports car, or large SUV, to a smaller or more economical vehicle that has a lower risk level for the insurance company, you could see those rates go down. There are even some cars that come with discounts, such as those that are considered to be highly fuel-efficient or hybrids, or cars with the latest in anti-theft technology.

Shopping Around For a New Company. Changing to a new insurance company could be the change that brings your rates down the most, as each insurance company charges different rates to insure the exact same person. But unless you take the time to shop around regularly, you will never know how much you could save.

Tickets and Accidents Falling Off Your Record. If you've been paying for an at-fault accident or a ticket on your premiums, the day that it comes off will be a good day for your insurance premiums. Remember that while the charge will come off your driving record on the day it was officially recorded against you, it will likely come off your insurance bill on renewal.

Remember that the very best way to keep your insurance premiums low is to shop around for better rates. Insurance quoting sites like

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Egypt

New president affirms Israel treaty, vows to cut red tape

A participant in a meeting between Egypt's president and a large U.S. trade delegation says the president has reaffirmed pledges that he will respect his country's peace treaty with Israel.

Mohammed Morsi also said Sunday during the hour-long meeting that he has instructed his cabinet to fight corruption and reduce red tape to create a better environment for business and investment.

Since his election, Morsi has offered repeated assurances he would respect the 1979 treaty, apparently to remove any doubt of his commitment to the accord. Morsi hails from the Muslim Brotherhood, an Islamist group that has a decades-old enmity with Israel.

The participant spoke on condition of anonymity because Morsi's spokesman had not yet briefed the media.

Meanwhile, tourism has suffered from the turmoil following the 2011 uprising that forced President Hosni Mubarak to step down. Faten Abou Ali, a spokesman for the tourist guides' union, says Morsi's government is not paying attention to tourism.

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Energy ministers skirt national-strategy issue

Charlottetown. The meeting in P.E.I. will focus on federal changes to environmental assessment

As federal and provincial energy ministers gather this week in Charlottetown, forging a national energy strategy is conspicuously absent from their agenda.

The topic was all the rage over the summer as business groups, environmentalists, aboriginal groups and most of the premiers — spearheaded by Alberta Premier Alison Redford — called on Canadian leaders to hash out a solid plan for handling the country's natural resources.

Redford travelled from province to province, persuading one provincial leader after another that a national energy strategy would be in everyone's interests.

But the premiers' meeting in July ended with B.C. Premier Christy Clark refusing to talk about any of it until her demands on the Northern Gateway pipeline were recognized.

Alberta Premier Alison Redford fields a question at a news conference after the annual Council of the Federation meeting July 27. ANDREW VAUGHAN/THE CANADIAN PRESS

Now, as the provinces come together once again, joined by federal Minister of Natural Resources Joe Oliver, top-level talks toward a national energy strategy appear to have been downgraded to "discussions for collaboration."

"I'm looking forward to discussing ways we can collaborate on future energy development," was all Prince Edward Island's minister of finance and energy, Wes Sheridan, would say.

Oliver said the Sunday-to-Tuesday meetings will focus on implementing federal changes to environmental assessment, making sure marine and pipeline safety standards are world-class, and investing in market diversification, labour, environment and efficiency.

THE CANADIAN PRESS

Exports

Strategy talk unavoidable

Regardless of their differences and the official agenda, the ministers will wind up talking about the need for pan-Canadian infrastructure that will allow for more efficient export of the country's resources, said federal minister Joe Oliver.

Indeed, he said, every region of the country is caught up with the challenge of moving resources to market and reducing their dependence on American buyers.

In their July statement, however, the premiers — all but B.C.'s Clark — were more ambitious. They issued a list of common principles and said a national energy strategy was "urgent" due to new demand for commodities and climate-change pressures.

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CRTC eyes market shift with Bell's purchase of Astral

Public hearing.
Competitors argue $3.4-billion deal will give telecom giant too much of English-language TV market

Pierre Karl Peladeau, president and CEO of Quebecor Inc., left, along with Lee Bragg, CEO of Eastlink, and Louis Audet, president and CEO of Cogeco Cable Inc., ask the federal government to disallow a proposed takeover of Astral Media Inc. by Bell Media in Ottawa on Aug. 7. FRED CHARTRAND/THE CANADIAN PRESS

A public hearing into Bell's $3.4-billion acquisition of Astral Media will focus on how much of the English-language TV market the telecom giant will corner if the deal were to go through.

The CRTC will examine the multibillion dollar transaction on Monday and hear from multimedia, telecom and radio companies, producers as well as film groups and consumer advocates — many of them against the deal.

Bell's parent company BCE said if the deal is approved it will own 33.5 per cent of the English-language market, under the 35 per cent threshold set by the Canadian Radio-television and Telecommunications Commission for approval.

Telecom competitor Telus Corp. believes Bell would have too much control of English-language TV content and leave consumers with fewer choices and higher cable bills.

Telus has argued that the purchase of Montreal-based Astral, along with Bell's part ownership in the Maple Leaf Sports and Entertainment TV assets, and its stake in joint venture assets, such as Teletoon, would give Bell 49.5 per cent share of the English-language television audience.

THE CANADIAN PRESS

What's at stake?

Effects of the acquisition

BCE announced the Astral deal last March aimed at creating a media powerhouse poised to take on rivals in providing digital content to consumers.

In 2010, BCE bought the rest of the CTV assets it didn't already own for $1.3 billion.

CTV operates more than 25 stations across the country, 30 specialty channels including sports networks TSN and RDS online video programming and properties such as CTV.ca, TSN.ca, RDS.ca, MuchMusic.com, MTV.ca and TheComedyNetwork.ca. It also owns CHUM Radio, which operates more than 30 radio stations throughout Canada.

Astral is Canada's largest pay and specialty TV broadcaster and owns 84 radio stations in 50 Canadian markets and 24 television services. It is also the third-largest outdoor advertising company, and has a stake in the country's only subscription radio service, XM-Sirius Canada.

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#FORDCOURT VS. FORD FEST, MAYOR HIGHLIGHTS THE DIVIDE

URBAN COMPASS
Matt Elliott
toronto@metronews.ca

Toronto's biggest problem these days isn't Mayor Rob Ford. It's the fractured political climate that created him. It's the downtown-versus-the-suburbs divisiveness that dominates the conversation.

It's that we just can't seem to get along as one city with a shared vision.

Still, it's worth pointing out (again) that Rob Ford is deeply unqualified for the job he was elected to do. For proof, look no further than his testimony at a University Avenue courthouse last week.

Under cross-examination from lawyer Clayton Ruby over conflict-of-interest charges that could see him thrown out of office, the mayor told the judge that he couldn't possibly be guilty because he didn't know what conflict-of-interest laws actually mean.

"What steps, if any, did you take, to find out what the Municipal Conflict of Interest Act required of you?" the lawyer asked. Ford just shrugged. "None," he said. Instead, he pointed to a bizarre personal belief that a real conflict-of-interest has to involve multiple parties who benefit.

He also expressed stunning ignorance of what the word "lobbyist" actually means, telling the court that he didn't consider Woodbine Entertainment Group to be a lobbyist. Woodbine is actively lobbying the city over the right to build a casino.

The mayor continuously pointed to his failing memory and repeatedly confessed to having not read documents like the Council Handbook. He skipped the orientation session for councillors, he said, because he felt he learned all he needed about being a politician from his father.

This goes beyond ideology. In any job, expressing this level of ignorance wouldn't be tolerated. It's not a stretch to suggest that people in charge of multi-billion dollar budgets should at least have a passing familiarity with the rules and regulations that govern their positions.

In the private sector, Ford would definitely get canned.

But this isn't the private sector — this is politics. And so it goes that, just a couple of days removed from the mayor's embarrassing performance in court, I stood in an Etobicoke backyard for Ford Fest and watched as thousands of cheering supporters rallied around the mayor.

On this cul-de-sac with burgers and beer, Rob Ford was a rock star.

The scene only highlighted the divide that still exists in Toronto. Fighting for his job in a downtown courthouse, celebrated in a suburban backyard, Rob Ford is the ultimate result of a fractured city that still hasn't accepted amalgamation.

Which is why even Ford's opponents should be hoping that, when the verdict comes down, the judge lets Ford hold his position. Toronto shouldn't be denied the opportunity it needs to come together and reject Ford's politics of division where they must be rejected — at the ballot box.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

Baby-kissing Mayor Rob Ford at his barbecue Friday. TORSTAR NEWS SERVICE FILE

Sun cracks its whip on Earth

NASA/GSFC/SDO

Astronomy

Explosion of solar flare off the sun

A jaw-dropping image of a solar whip has been captured. NASA reported a filament of solar material, which had been in the sun's atmosphere.

Though it didn't erupt directly towards Earth, it did have an effect on Earth's magnetic environment (magnetosphere), causing aurora to appear on Sept. 3.

METRO

Swirls of green and red appear in an aurora over Whitehorse in the Yukon on the night of Sept. 3. This year has witnessed many aurorae due to 2012's high volume of solar eruptions.
DAVID CARTIER, SR./NASA

Aurora:

- Atmospheric phenomenon made of light caused by charged solar particles following Earth's magnetic lines of force.

Plasma:

- The red-glowing ejected material is a hot gas comprised of electrically charged hydrogen and helium. The plasma flows along a twisted structure of magnetic fields made by the sun's internal dynamo.

Solar prominence:

- A large, bright feature extending outward from the sun's surface. They are anchored to the sun's surface in the photosphere, and extend outwards into the sun's hot outer atmosphere, called the corona.

Solar speed

1,450

kilometres per second is the speed at which this coronal mass ejection travelled. That's still only one two-hundredth of the speed of light.

Getting a jump-start on good deeds

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's one.

Doing a kind deed for someone may only take a few minutes, but the person on the receiving end may remember forever.

Barbara Thomasson, an occupational therapist in Toronto, can attest to this.

One recent stormy evening, after she visited a patient near Lawrence Avenue and Weston Road, Thomasson's car stalled. Two kind strangers helped her jump-start her car.

"The cost of running a car for work is prohibitive," said Thomasson. "Some people ask me to do things for nothing all the time and I do on the hope I will get business, but others just help freely! I hope that I am as helpful when someone needs me."

Though she thanked her helpers profusely at the time, Thomasson wanted to share her story, and relive her experience.

"Some people just do something for nothing while others would never do anything for others or expect something for it," she said.

Thomasson will never forget that such a simple act of kindness carried her home to safety that night.

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of international charity and educational partner Free The Children. Its youth empowerment event, We Day, is in eight cities across Canada this year, inspiring more than 100,000 attendees. For more information, visit weday.com.
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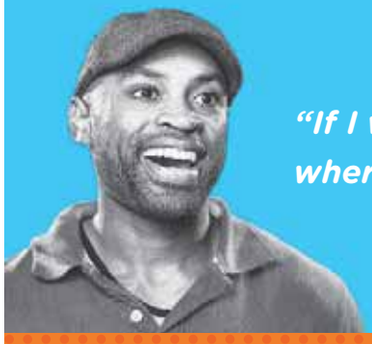

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The battleground of daytime TV

With Oprah's crown still up for grabs, three celebrities enter the talk show fray today. Here's what you need to know about the contenders.

AMBER RAY
Metro World News

The Ricki Lake Show, Global

Bio
Ricki Lake became a star as Tracy Turnblad in John Waters' 1988 classic Hairspray. She's a daytime vet, having hosted her titular chat show from 1993 through 2004. She produced a documentary about childbirth, The Business of Being Born, and marked her pop culture return with a stint on Dancing with the Stars in 2011.

Personality
Lake is your sympathetic girlfriend who's been there, done that, and always has her own funny anecdote to share. "I have been rich. I have been poor. I have been fat. I have been thin," Lake admits. "I've had this life experience, and I'm an open book. I'm willing to share my hardships and my triumphs." Her mission for her return to talk is "that this really can be a smart show that people can learn from each other."

What to expect
Lake became a phenomenon when, in her 20s, she addressed the (sometimes scandalous) concerns of the younger generation and encouraged audience participation. Now 43, Lake intends to continue engaging her fans, but with a more grown-up approach and topics that affect, primarily, women between the ages of 25 and 54. "Today, times are really tough. We're all trying to figure it out and put food on our plates and be in the job force and raise families and, you know, figure out the aging process and how to reverse it," Lake says. "So I think doing a show now that's a little less fluff, a little more substance — that's something I would be looking for as a viewer."

Secret weapon
Don't underestimate the nostalgia factor for Ricki Lake, Talk Show Host. The studio audience started a "Go Ricki" chant — a hallmark of the host's first show — during taping of the new show's second episode.

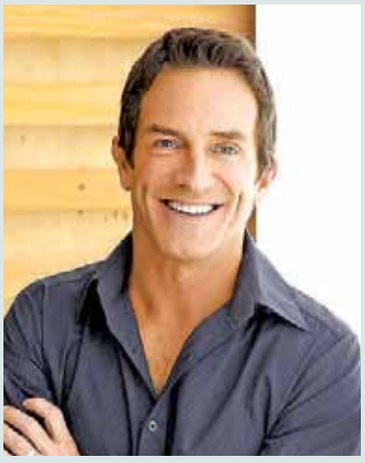
Katie, Citytv

Bio
For 15 years, Katie Couric helped America wake up as co-anchor of the Today show. She became the first solo female anchor of a national nightly news broadcast when she helmed CBS Evening News with Katie Couric from 2006 to 2011.

Personality
Couric is the sweet aunt who will take you for brunch and a manicure, listen to your problems, then scold you because you know better. She hopes Katie delivers information — from daily news to dating tips — that is "smart with heart."

What to expect
Katie, taped live from New York and mixing news and entertainment, sounds a little like a one-hour version of Today. "I'm going to be able to flex all my muscles (on Katie)," Couric says, referring to her 33 years on both ends of the television news spectrum. "I've done … some lighthearted stories, some fun stories, some celebrity-driven stories. And then I've done very serious stories. I pride myself on being able to use the right tone and the right approach and to be able to calibrate that approach depending on who I'm interviewing or the topic that I'm dealing with on any given day."

Secret weapon
Sheryl Crow wrote and performed the Katie theme song, reminding us of the A-list contacts that Couric must have on her iPhone, which she'll be able to tap for interviews. Crow will appear on the first episode, as will Jessica Simpson.



The Jeff Probst Show, Global

Bio
Jeff Probst is the Emmy-Award-winning host of Survivor; he has helmed the reality competition since it debuted in 2000. Formerly, he hosted Rock & Roll Jeopardy! and was a correspondent for Access Hollywood.

Personality
Your over-sharing big brother who is also your biggest cheerleader. "I think my weakness as an interviewer will be a strength in daytime, which is, I share a lot, sometimes too much," Probst admits. "But in daytime, when you are asking people to share their life on the kind of level that I'm going to go to, you have to be willing to share yours." Probst's wife, Lisa Ann Russell, will be an integral part of the show, often contributing to the day's conversation.

What to expect
"If you're looking for Jerry or Maury, this is not your show," Probst says. "I'm not interested in people fighting onstage." You can forget about seeing celebrities promoting their latest movie, too, unless they are able to add to Probst's message of positivity and embracing new experiences. "The overall idea of the show is saying yes to the adventures in your life — I mean being married, being a parent, dating, friendships," he says. "At the end, this really is what defines our life, those adventures. And that's the idea behind the show, and we will talk about that all the time."

Secret weapon
Only The Jeff Probst Show boasts a party room complete with massage chairs, makeover stations, snacks and a photo booth for its audience. Probst says the set was designed to be an extension of his living room, a place "where you feel comfortable enough to kick off your shoes." The party room serves two purposes, he explains: "One, we want the audience to feel welcome, and we also want them to spread the word — if you are looking for something fun to do in L.A., check out The Jeff Probst Show. There's this great party room, and then there's this really fun show."

On the web

Scan this code or visit metronews.ca/scene to get all the details from Sunday night's Canadian Country Music Association awards.

KISS has hit the road again this summer to promote their new album, Monster. ASH NEWELL/FOR METRO

After 40 years, KISS still a Monster of rock and ready to roar again

On the road. After the release of their 20th studio album, Gene Simmons and Co. may be getting older, but not any tamer or fearless

CHRIS ALEXANDER
scene@metronews.ca

For almost four decades the iconic circus collectively known as KISS have been thrilling the masses, with their trend-defining, still wildly absurd amalgam of muscular, no-nonsense rock music and dark fantasy theatrics.

Now, after an up and down history that saw their legacy rise, fall and rise once more, KISS are not only deeply ingrained in the collective pop culture fabric, but they are also on top of their creative game.

Their latest album — the 20th studio album in fact — is appropriately called Monster. While not due in stores until mid-October (from Universal) the band has hit the road this summer, demolishing stages across the U.S. and Canada with fellow freak-rockers Mötley Crüe.

"The Tour," as its boldly calling itself, condenses both bands' performances into two 90 minute sets, but, as co-founder and media gadfly Gene Simmons insists, KISS won't be skimping on any of its patented blood, bombs and pyro.

"KISS has a philosophy few other bands have," Simmons told Metro.

"And that's to give the fans bang for the buck. Not just our show. But making sure anyone on the bill with us is worthy of being on hallowed ground — the Electric Church … the KISS stage. For us, the power and the bombast and yes, the roar of the crowd and the smell of the greasepaint is what it's all about."

What KISS is also about is transcending the fate of many of its "classic rock" ilk who are content to tour the hits and pander to the generation that first found them. Instead, a typical KISS audience contains a cross section of fans of every age, with KISS Army lifers sharing space with kids, their faces painted to honour their larger-than-life heroes.

"The KISS Army is a living, breathing thing," says Simmons, 62 and still swinging from wires and vomiting gore.

"You can't put your finger on it. Through the decades, the fans have always showed up wearing our makeup, some of them tattooed with our faces all over their bodies. And now, with children in tow, who are named after our songs.

"And when we do the KISS Kruise in Halloween in the Bahamas, it's a gathering of the tribes."

Yes, you heard that right. A real deal KISS Kruise is one of thousands of branded events and products that bear the band's seal of grandiose approval.

Combine that international omnipresence with sold-out stadiums across two countries and a hotly anticipated new album, and Simmons has every right to brag.

"We have every intention of making Monster a No. 1 album," Simmons states confidently.

"If you're a world champion, and if you have the heart of a lion, you will stay in the ring. If not, pack up and go home."

The Tour

KISS and Mötley Crüe touch down The Tour on September 13 in Toronto at the Molson Amphitheatre. For more information on KISS go to kissonline.com.

Raison d'être

"The power and the bombast and yes, the roar of the crowd and the smell of the greasepaint is what it's all about."

Gene Simmons, KISS lead singer

Caspian play tonight at the Horseshoe Tavern (370 Queen Street West, Toronto). For more info, call 416-598-4753 or visit horseshoetavern.com. EVAN TEREAULT

Sailing into uncharted waters, and staying afloat

Caspian make a case for post-post-rock with Waking Season.
Band talks evolution and fans' expectations

JONATHAN D. FITZGERALD
scene@metronews.ca

How do you describe a band whose music outgrows their prescribed genre? For the Massachusetts-based post-rock quintet Caspian, the release of their third full-length album later this month may make the need for a new descriptor necessary.

"When I think of post-rock, I immediately think of 2003-2005," said Calvin Joss, a guitarist and founding member of Caspian.

"I think of long, drawn-out, guitar-oriented songs that are thematic and big. Bands like Mono, God Speed You Black Emperor, and Explosions in the Sky."

Caspian certainly began as a post-rock band, but over time their sound has evolved. Their latest album, Waking Season, which drops on Sept. 25, features a number of elements not typically associated with the genre. One song, Gone in Bloom and Bough, even includes vocals (a first for the band). Others incorporate samples and electronic sounds.

"We never felt a duty to be post-rock," says Phil Jamieson, who also plays guitar and serves as the unofficial spokesman for the band. "We just view ourselves as our own separate entity — as Caspian, not as post-rock."

Caspian's larger-than-life yet beautifully melodic sound has the ability to transport listeners. Even a commute to work accompanied by a Caspian record can feel like you're living inside a scene from an epic film. This effect has earned Caspian's music a spot on an HBO boxing special and in a number of television shows including CSI:Miami and MTV's Teen Mom. They have yet to actually score a film, but the possibility remains one of the band's goals.

Waking Season is a natural next step in the band's evolution, and a definitive move away from that label of post-rock.

"There's more on this record that draws from each of our individual influences — the music we actually listen to," explains Joss. "The depth and texture, and the use of a lot of different instruments, breaks out of the mould of what people consider post-rock."

While their sound has evolved, Caspian don't worry about alienating fans.

According to Jamieson, they "never underestimate the ability of our audience to grow with us."

Background

Creation story

Caspian formed in 2003, out of the remnants of a few other bands on Massachusetts' North Shore.

They played their first shows to friends and fans in the pubs of Beverly, about 25 miles north of Boston, where most of the group's original members were living at the time.

The band recorded a demo in a friend's Gloucester house in 2004 and had their first break opening for Japanese post-rockers Mono at T.T. the Bear's Place in Cambridge later that year.

They released their debut EP, You are the Conductor, in 2005, and immediately hit the road, touring nearly nonstop and returning home only to write and record new material.

Genre-breaking

"We just view ourselves as our own separate entity — as Caspian."
Phil Jamieson, the band's guitarist

Metro at tiff

Amy Adams wants moviegoers to 'see the film' and decide for themselves if there are parallels between it and the early days of Scientology. GETTY IMAGES

Amy Adams talks The Master

Religious parallels. Actress chats about movie with apparent similarities to early days of Scientology

NED EHRBAR
Metro World News in Hollywood

Amy Adams learned a lot on The Master — most surprising of which was probably how funny reclusive director Paul Thomas Anderson really is. "I thought it was going to be a very serious experience. And although we definitely delved into serious subject matter in the scenes, the experience of working with him was a lot more fun than I expected," she says, though when pressed for examples she draws a blank. "It's so hard to say, like to come up with anything anecdotally to say. I can't come up with anything, I know that's horrible."

The film, in which Adams plays the devoted wife of a charismatic cult leader (Philip Seymour Hoffman) wary of her husband's latest disciple (Joaquin Phoenix), has piqued curiosity due to its supposed similarities to the early days of Scientology and L. Ron Hubbard.

But Adams says she isn't wading into that pool of discussion. "I guess that's for people to discover on their own. I didn't think about it a lot, nor was it something that I explored at great length when going into it," she says. "I always say, 'See the film, and then if that's something you're interested in, sort of finding the parallels, then you'll find the parallels.' But I just see it as more of a character study. I don't think that Paul was trying to make a movie about Scientology."

And when she says see the film, she means it. At the Toronto International Film Festival premiere of The Master, Adams stayed glued to her seat even though it was the second time she'd seen it. "I hadn't seen it with an audience and everybody kept saying you need to see it twice," she says. "I'm typically too self-conscious to watch films that I participate in, but the first time through, I have to be honest, I did not clock my performance. It was so much more about where the film took me than how I felt about what I was doing. It was a lot to think about when I walked out the first time. So I wanted to see it again and really be able to see it in a different light."

Coming soon...

In Tuesday's paper Metro's Ned Ehrbar interviews Robert Redford, who directs The Company You Keep. Here's a snippet of that interview: "This is going to sound kind of harsh, but to me there's no reason for a sequel. I don't believe in them. There's too many stories to be told to make a one, two, three, four, you know? I would never want to do a sequel. I've been asked to do a sequel — for the Way We Were — and I was asked to do a sequel to Butch Cassidy, and I said, 'Wait a minute. Didn't you see the last few minutes of the film? How stupid do I look?'"

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Make an Uber suave entrance at TIFF parties

Actress Jennifer Lawrence arrives in style at the Place Beyond the Pines premiere. THE CANADIAN PRESS

Car hire service.

Notable.ca's Julian Brass talks transportation options for Toronto's social circuit scene

JULIAN BRASS
notable.ca
tiff@metronews.ca

One of the basic rules of TIFF is to arrive in style. TIFF brings an abundance of glamorous events like screenings, red carpets, galas, parties and group dinners, all of which require bringing your "A game" in every sense of the term.

You've got to look your best during TIFF, not to mention, you don't want to risk arriving late and frazzled due to unforeseen public transportation issues.

Also, there is little point in driving your own car throughout the duration of the festival. For starters, good luck finding a parking space (and controlling your frustration with all the traffic in the process) and second, hopping around from party to party likely involves booze consumption.

Especially with the TIFF landscape increasingly spread out (it was once confined predominantly to Yorkville) the need for door-to-door transportation service is even more vital.

We are not talking a brightly coloured, questionably clean cab either — the who's who will be arriving in typical Hollywood style in black limos and town cars.

The Toronto limo rental companies are aware of the festival schedule and places of the daily events.

Limos should be scheduled as far in advance as possible — meaning get on that now!

We get that not everyone can afford to splurge on a limo; there are luckily some alternatives between the limo and Toronto's already pricey (and sometimes dirty) cabs.

Changing the way the city's young party people travel to and from events is tech startup, Uber.

The car service company has been hugely popular among the regular faces on Toronto's social scene and we have a feeling they will be very busy for the rest of TIFF.

Whatever the case, how you arrive and leave the party makes just as much of a statement as what you wear and how you conduct yourself once past the red carpet and inside the doors.

So enjoy and definitely plan accordingly.

JULIAN BRASS, FOUNDER OF NOTABLE.CA, WILL BE IN THE MIDST OFF ALL THE STAR ACTION DURING THE TORONTO INTERNATIONAL FILM FESTIVAL. BE SURE TO CHECK OUT HIS DAILY UPDATES AT METRONEWS.CA/TIFF

Quoted

"How you arrive and leave the party makes just as much of a statement as what you wear."

On the Road

Kristen Stewart answers fan queries

Kristen Stewart returned to the public stage this week at the Toronto International Film Festival to promote her work in On the Road, based on the Jack Kerouac novel. Metro scored one of the actress' first interviews, and we even got her to answer a few questions from her fans on Twitter. @PattinsonStew and @teenstripper were lucky enough to get theirs answered.

Why do you think On The Road is more relevant now than back in the '50s? (@PattinsonStew)
I don't know if it is more relevant. I don't think it's ever been irrelevant. I think that's why people have been wanting to make a movie of it for decades. I think it's maybe interesting that it happened now because people won't necessarily focus entirely on the fact that they're doing drugs and having sex because it's not as shocking to see, necessarily. Maybe then it took a special kind of person to really feel the spirit and the feelings behind all of the things that may have hidden it for other people. And now it's just not as veiled. Now you can actually appreciate it for what it is.

Why does Barack Obama follow a Kristen Stewart appreciation account? (@teenstripper)
I didn't know that. That's insane. That's crazy (laughs).

NED EHRBAR, MWN

Seven Psychopaths

Woody is crazy about dogs

Being a dog-lover himself, it wasn't difficult for Woody Harrelson to connect with the pooch-obsessed gangster he plays in Seven Psychopaths who goes to great lengths to retrieve a stolen Shih Tzu named Bonnie. "I have one now that I'm that attached to," Harrelson tells Metro. "She's half pit-bull, and we have yet to determine what the other half is. ... But she's a beauty. We call her Snowy, and she's really a lot of fun. And if I lost her, I can say that I would lose my mind."

NED EHRBAR, MWN

JGL talks time travel

Joseph Gordon-Levitt. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Rian Johnson's new science-fiction noir Looper, which opened the 2012 Toronto International Film Festival, features a brain-melting take on time travel — as Joseph Gordon-Levitt's character narrates, "time travel hasn't been invented yet, but in the future it will be." But that doesn't mean the actor himself needed to wrap his head around the concept.

"My character in the movie, he doesn't really know or care how it works. It's something that exists in the future, and he just knows it's his job to show up at a certain time and pull the trigger," Gordon-Levitt tells Metro in our video chat.

The movie, which mixes elements of film noir and westerns into its futuristic world, centres around a showdown between Gordon-Levitt and his older self, played by Bruce Willis. So did all the genre-mixing take some getting used to? "I wouldn't say that I was like, 'In this part of the movie I should act like they do in other noir movies and in this part of the movie I should act like they do in other sci-fi movies or whatever,'" he says.

NED EHRBAR, MWN

VISIT METRONEWS.CA/TIFF TO WATCH METRO'S NED EHRBAR'S INTERVIEW WITH JOSEPH GORDON-LEVITT

Walken ... on talkin'

Everyone has a favourite Christopher Walken impression. The Hollywood icon's unique persona has been lovingly mimicked by celebs and fans alike for years... but what type of impressions does Christopher Walken do best? Metro News' film correspondent Ned Ehrbar quizzed the actor on the popular phenomenon, which he describes as "... a dime a dozen." Visit metronews.ca/tiff to watch the video. CHRIS YOUNG/THE CANADIAN PRESS

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Soho House kept hopping all weekend with TIFF revellers

Starry nights. Celebs got together to toast the festival as their films were released to the city's audiences

NED EHRBAR
Metro World News

America Ferrera and Jake Gyllenhaal chat at the XX Film Party Hosted by GREY GOOSE Vodka at Soho House Toronto, TIFF 2012.
ALEXANDRA WYMAN/GETTY IMAGES

While the Soho House Toronto is still very much under construction, that didn't stop the folks behind it from opening the doors for a slew of parties for the opening weekend of the Toronto International Film Festival. While workers were still carrying ladders around, revelers enjoyed a toast to The Master ahead of its Friday night premiere, with star Amy Adams in attendance representing her less-outgoing colleagues Joaquin Phoenix and Paul Thomas Anderson.

Later in the evening, Anna Karenina co-stars Keira Knightley and Aaron Taylor-Johnson caught up, while Jude Law chatted with friends. Also spotted throughout the night were Kristen Wiig, Kate Hudson, Julianne Moore, Matt Damon, Nina Dobrev and Alexander Skarsgard. Hudson returned — along with fiancé Matt Belamy — Saturday to fete her festival film, the Reluctant Fundamentalist. Upstairs, guests enjoyed a pre-screening gala for End of Watch, to which star Jake Gyllenhaal arrived late — due to a delayed flight, reportedly. He was greeted with a playful beard rub from co-star Anna Kendrick.

Later in the night, cast-members from the Silver Linings Playbook took over the space, with Bradley Cooper conferring with mogul Harvey Weinstein in one corner while co-star Jennifer Lawrence was more social. Later that night, Hunger Games star Lawrence found herself in a film franchise trifecta with Harry Potter alum Emma Watson and Miss Twilight herself, Kristen Stewart. Lawrence had apparently invited Stewart along after meeting her earlier. The space was a hit with the celebrity clientele. Just imagine what they'll think when it's actually finished.

Exclusively online

metronews.ca

- **Party updates.** Wondering what celebs were in town this weekend, and where they partied? Visit metronews.ca/tiff for Notable.ca's Julian Brass' nightly updates. You will also find more Soho House party pics.
- **Sunday night.** First-time filmmaker Rola Nashef won the Grolsch Film Works Discovery Award for her acclaimed coming-of-age feature, Detroit Unleaded. Check back in Tuesday for an exclusive chat with Nashef about the award, her film and what she plans to do with the $10,000 prize.

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Brad Pitt. ALL PHOTOS GETTY IMAGES

Brad Pitt playing coy on upcoming wedding

The only update Brad Pitt can offer on his and Angelina Jolie's wedding is that it is indeed happening — though he's not saying when.

"No plans yet, other than we are going to do it," Pitt says, according to E! News. "I plan very little as I get older."

So will best buddy George Clooney be serving as best man for the big day? Pitt jokes that his pal would probably be demoted to usher.

"Well, you know, he doesn't believe in institutions," Pitt says. "So he can get people to their seats or something."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Poehler and Arnett: 2012's bummer breakup

THE WORD
Monica Weymouth
scene@metronews.ca

When we found out Amy Poehler and Will Arnett were divorcing last week, we assumed there must be the scandal of all scandals hiding behind their split from each other.

Nevermind that their rep insisted it was "very amicable" — why would two people as funny, successful and charming as them breakup?

As it turns out, they're not that much different than those of us who fall asleep watching reruns of their shows, snuggling piles of almost-warm take-out.

"Will and Amy started to feel more like best friends than a married couple — and sadly they lost their spark," a source tells RadarOnline.

"The two still love each other very dearly, but the romance died and neither one of them was happy, so something had to be done."

Talk about shot through the heart.

Go ahead, Source, finish us off.

"Everyone used to think that because Amy and Will are both comedians their relationship was all fun. However, the laughter stopped a long time ago and now they just want to move on with their lives."

Now, we're not necessarily saying that love is dead. Just that he's emptied the mini bar, went on a Facebook bender, and things aren't looking good.

Robert Pattinson.

Pattinson getting back with Stewart?

While the future of Robert Pattinson and Kristen Stewart's relationship is still uncertain after her affair with director Rupert Sanders came to light, at least one friend of the pair says not to worry.

"They are totally going to get back together," the source tells Hollyscoop. "It is just a matter of time. Kristen has this effect on Rob. Robert is not a player. It is really a mess of a relationship. They are both in love with each other still."

That might be a problem, though, for friends of Pattinson, another source reveals.

"They tell him, 'If she cheated once she will cheat again,'" the source says.

LIFE 3

Hot thermos

Keep food warm until lunchtime

Putting hot food into a cold right-from-the-cupboard thermos just uses the heat from the food to heat the thermos and usually means a lukewarm lunch.

To keep your thermos warm and your hot lunch hot, fill your thermos with boiling water, attach the lid and let sit for five to seven minutes. Drain the water, wipe and immediately place hot food into the thermos.

Bonus: To test how hot your thermos stays during the day, fill it with boiling water and leave for a few hours. When you come home, gauge how hot your water is. If it's cold it may be time for a new thermos! MAIJA MOMENTS OF YUMMYMUMMYCLUB.CA

New study

Is being shy a disadvantage?

A new study from the University of Miami (UM) confirms shy preschoolers are "at greater academic risk than their chatty and boisterous peers."

Boisterous and loud children benefit from the teacher's attention, while introverted children "tend to disappear within the classroom," according to Elizabeth R. Bell, doctoral candidate in developmental psychology at UM and co-author of the study. While not necessarily disruptive, the shy child risks getting overlooked and dismissed by teachers.

Researchers hope their findings spark further training for teachers. JULIE M. GREEN OF YUMMYMUMMYCLUB.CA

Exclusively online

metronews.ca

- **Hotel woes.** Can mommy and her club-sized pack of anti-bacterial wipes beat you to the hotel remote control? Follow along with the comedic (mis) adventures of Reasons Mommy Drinks online at metronews.ca/voices

Myth busters

Inside lunch boxes

Myth: You are a bad mom if your kids eat the same thing every day.

Reality: When my son was four, he ate grilled cheese sandwiches for lunch every single day for about two months. Was it worth a fight to make him eat something else? Not really. He grew out of it and moved on to something else. Don't make food a fight.

Myth: You're a better mom if the lunch is cute.

Reality: In 20 years, I've never seen a cutesy lunch. Parents are stressed and throw together what they can, without the time to make it photo worthy. To me, it's way too much pressure to try to make it adorable. The emphasis should be on the fact that it's good, wholesome food.

Myth: Kids should never have treats in their lunches.

Reality: We all love them, and I often have a cookie with my coffee at work. I have no issue packing my child a homemade brownie or cookies as long as he eats the rest of his lunch. When you send treats, though, they should be a small add-on, not the focus. Little people need to focus and learn, which is hard if they are buzzed up on sugar. KAREN HUMPHREY OF YUMMYMUMMYCLUB.CA

Get them to love reading with 8 unique strategies

Books. Kids go through phases in which they refuse to read, so it may help to try these approaches

RUTH SPIVAK
yummymummyclub.ca

Reading with kids, even the ones who graduated to chapter books, can help. ISTOCK

1. Leave a mess of books and magazines around the house. If you can stomach a bit of mess, a disordered pile of books entices kids to browse sooner than a neat bookcase.

2. Direct kids toward non-fiction. Does your child like cars or maybe cooking? Pick up some car magazines and cookbooks. We seldom think that materials with instructions and facts count as reading, but kids are often interested in books that fuel their hobbies. For kids who enjoy facts, The Guinness Book of World Records seems to be a hit. Non-fiction is ultimately a great avenue from which to explore a variety of topics.

3. Watch book trailers for inspiration. Tantalizing plot teasers reveal just enough information to rouse interest in a book.

4. Take kids on a library shopping-spree. Give each child a huge book bag to fill, and plenty of time to browse the aisles. Don't limit the amount of books, and try not to intervene with recommendations. Older kids could be dropped off to shop on their own, just like at the mall. Kids can "charge" everything to their own library cards. Giving kids independence around book selection works like a charm, and they can't wait to sample their "new" books at home.

5. Borrow audio books. Listening to a professional narrator bring a story to life can be the push kids need to pick up a book on their own.

6. Grab some joke books, comic books, and graphic novels. They all count as reading and kids love them.

7. Read to older kids. Even graduates to chapter books enjoy being read to, and it could be the needed nudge to read independently.

8. Share a book and a movie. You could read the same book as your child, and then together watch a movie based on that book. Comparing the book to the movie develops critical thinking skills.

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Special apps for children with special needs

Special needs kids face many challenges in their daily lives. The world can be a harsh place for these kids, and therapists and caregivers can only do so much to protect and educate them.

But technology can be a powerful tool in helping these children learn, communicate and succeed in this difficult world. Here are some of the best apps for children with special needs.

iEarnedThat
This app is a brilliant reward system that was designed by a pediatrician who is also a parent. This app works by taking a picture of your choosing and dividing it into puzzle pieces. You can then reward the child for their accomplishments during the day, by giving them a piece of the puzzle. Once they have earned all the pieces, they are able to solve the puzzle.

iCommunicate
This app allows the user to communicate through pictures and by playing back recorded messages. The app allows you to use included pictures and/or your own pictures to form sentences, sequences, and schedules. These can be helpful for communicating ideas to others, instructions on how to perform a task, or reminders of daily events. This creates a powerful tool for those who have trouble communicating verbally.

In My Dreams
This particular app teaches children how to read by presenting them with simple sentences and parts of speech accompanied by animations. There are matching games included, as well. It includes sign language instruction.

ArtikPix
This one is a speech-training program. It uses games to help the child practice individual sounds by themselves or with a parent or therapist. This offers a fun and engaging way for the child to practice learning proper speech.

TapToTalk
This is a free app that allows children with autism to communicate through pictures. It has a simple touch interface with words and pictures to go with them, making it easy to use.

See.Touch.Learn
This is a free flashcard app for the iPad. The flashcards can be used to give instructions, teach words and objects to kids, and much more. The app also has spoken instructions and feedback to aid in learning, as well. This is a highly flexible learning tool for children with special needs.

If you are a parent of a child with special needs, give one or a few of these helpful apps a try — you might be surprised at the result.
MARIA HUGHES OF YUMMYMUMMY.CA

On the Web

Reasons Mommy Drinks: Hotels. Scan this code or visit metronews.ca/voices to find out why next time mommy's opting for the staycation.

Get Lost in nursery design

Fans. Would you decorate your baby's room with TV memorabilia?

MICHELLE CASTILLO
Metro World News

When Juan and Monica Joao found out they were expecting their first baby, they couldn't wait to decorate the nursery. Instead of the traditional baby blue or pink, these two TV and movie fanatics decided they wanted to pay homage to one of their favorite pastimes of collecting memorabilia.

After debating between a Lord of the Rings, Star Wars or Star Trek theme, the couple stumbled upon a polar bear at a local store.

"We said, 'This is the polar bear from LOST!'" Monica tells Metro World News.

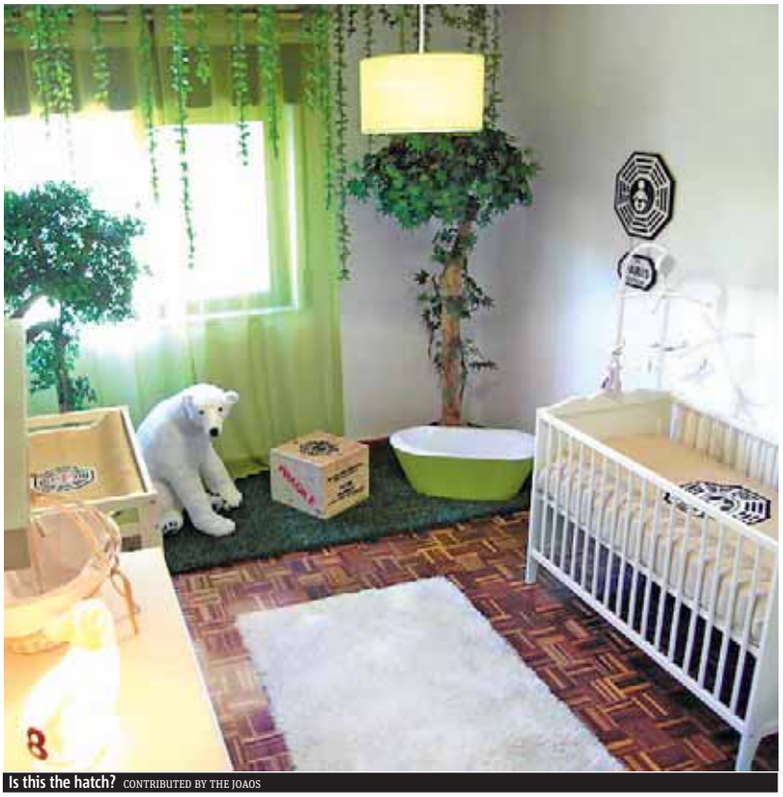
But it wasn't until they found jungle style-trees that they decide to dedicate their son's room to the JJ Abrams-helmed show. Juan admitted the couple didn't start watching Lost until it had been on air for a few years, but they breezed through the first four seasons' mysteries in just one week.

The couple purchased items for the nursery from local stores, including using stickers of numbers to recreate the famous 4, 8, 15, 16, 23 and 42 "lucky" numbers on one of the shelves. They even created a separate jungle area with hanging plastic vines and fake grass, which Monica admitted is her favourite part.

Besides the giant stuffed polar bear that rests under one of the trees, a fake crate adorned with the Dharma Initiative logo lies in the grass, waiting to be opened. A video of the room has gone viral.

Though die-hard fans of the show, Monica and Juan still debate whether or not they enjoyed the finale. Monica admitted she didn't like it so much, while Juan was pleased with the conclusion. But baby Paris — who is named after Paris in Troy not Paris Hilton, Monica is quick to emphasize — doesn't have an opinion yet.

"He must wait a few years," Monica said. "We think maybe 12. It's too soon. He's not going to understand it."



Is this the hatch? CONTRIBUTED BY THE JOAOS

Quote

"This is the polar bear from 'LOST!'"

See the room: m-and-j-collection.blogspot.pt/

Get your kid hooked on good TV early

1 Breaking Bad

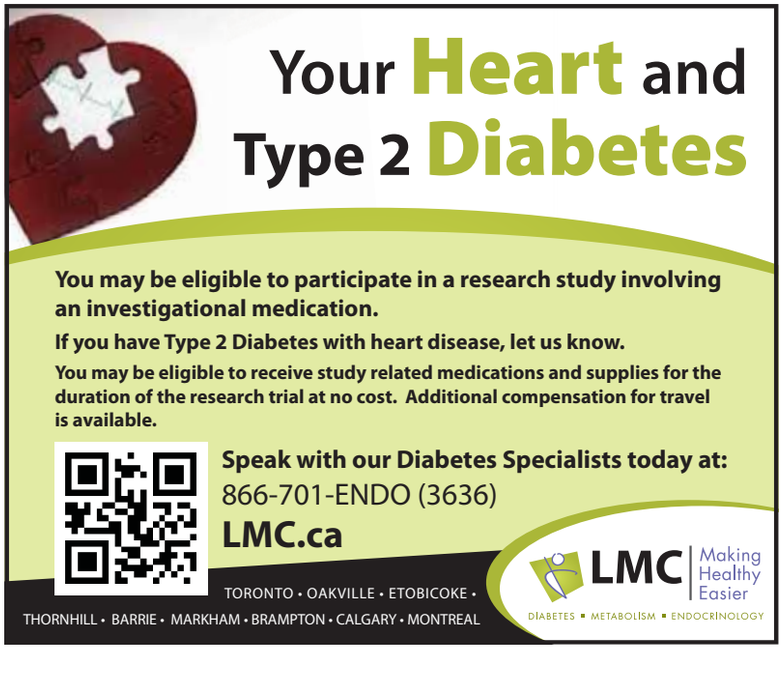
Pick up some artwork, like these Breaking Bad illustrations by Mike Mitchell that display the characters of the drug drama in cute cartoon form. The artwork was part of The Breaking Bad Art Project, a show that took place in Gallery1988 in Los Angeles.

2 Game of Thrones

Start by pasting a giant map of Westeros on your child's bedroom wall (at HBO.com). And make sure your child sleeps like a king or queen by purchasing some Game of Thrones-themed pillow cases that displays your house sigil. They're at cafepress.com.

3 Glee

They'll be in high school soon enough, but you can initiate your child's musical future by playing a Glee-themed boombox/CD player. It's perfect for those Baby Einstein tapes or those covers of Don't Stop Believing.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This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Nutritional analysis

Per serving
354 calories
20 g protein
41 g carbohydrates
1.8 fibre
12 g fat
4.9 g saturated fat
56 mg cholesterol
548 mg sodium

Tortellini is a favourite for even the pickiest of children. The chicken gives them the protein they need, and most kids like pesto, especially if you add extra Parmesan cheese. Pack this for their lunches.

1. In a small, nonstick skillet lightly coated with cooking spray, add the chicken and sauté for 4 minutes per side or just until no longer pink. Let cool, then dice.

2. Meanwhile, boil tortellini for 8 minutes or until tender. Drain and place in a serving bowl.

3. Add the chicken, pesto and Parmesan cheese and toss well. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

Total time: 20 minutes

- 4 oz boneless chicken breast (about 1 breast)
- 12 oz tortellini
- 1/3 cup pesto
- 2 tbsp grated Parmesan cheese

Zucchini Strip Salad. Pasta-like veggies make this meal look, taste good

1. Using a vegetable peeler, peel zucchini into long strips and place in a large bowl. Add tomatoes and chicken.

2. In a small bowl, whisk together oil, vinegar, garlic, salt and pepper; add to salad and toss. Sprinkle goat cheese and basil over top and gently toss. Do not over mix or goat cheese may clump together.

THE CANADIAN PRESS/ SOBEYS, SOBEYS.COM

Ingredients

- 2 medium zucchini
- 250 ml (1 cup) large tomatoes, cut in half or quarters
- 750 ml (3 cups) shredded ready-cooked barbecue chicken, skin removed
- 45 ml (3 tbsp) olive oil
- 30 ml (2 tbsp) balsamic vinegar
- 1 garlic clove, minced
- 1 ml (1/4 tsp) each salt and pepper
- 60 g (2 oz) goat cheese, crumbled
- 10 fresh basil leaves, roughly chopped

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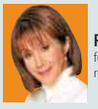
Healthy eating

Choose it and lose it



ROSE REISMAN
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rosereisman.com

Before fall makes its debut this month, enjoy the coolest treat around. But be careful because it will cost you in calories and fat if you grab the wrong container and topping.

Haagen-Dazs Cookie Dough Dynamo (1 cup) with chocolate shell syrup (2 tbsp)

880 calories/ 58 g fat

Total decadence! But with more than half your daily calories and close to a day's worth of fat, this indulgence is quickly clogging your arteries!

Equivalent

Aside from the more than half your daily calories and close to a day's worth of fat in the Haagen-Dazs ice cream, it is also equal in fat to 10 tablespoons of Nutella.

Breyers Reese's Peanut Butter Cup Chocolate frozen dessert (1 cup) with Smucker's syrup (2 tbsp)

440 calories/ 12 g fat

Breyers is considered a frozen dessert, not an ice cream. But the calories and fat are acceptable for a dessert and you're getting great flavour.

Women taking women under their work wing?

Girl power. Ladies can be powerful mentors to their female co-workers, but how often is that really happening?

JULIA WEST
Metro World News in Philadelphia

"Women help women in the workplace in myriad ways," proclaims Teresa Currier, chair of Saul Ewing LLC's Women's Development Initiative. "First, the mere presence of other professional women helps younger women making their way up, because a strong population of women silently stands for the proposition of inclusion in one of its many forms."

It's difficult to say if this thought reflects what's really happening in the workplace. Of course, we hope it's accurate, but a recent poll by LinkedIn found that 51 per cent of women surveyed between the ages of 18 and 29 said that they have not been mentored by female colleagues. Of the women questioned, 67 per cent of those who aren't mentoring others said the reason is because they haven't been asked to mentor anyone.

While it's hard not to get discouraged by these numbers, it's important to remember a couple of things. First, each situation is circumstantial.

Brittany Sykes, senior account executive at Teszler PR, Inc., recalls when her supervisor, Barbara Teszler, helped her advance in her career.

"After interning (for Teszler), I was offered a trial run for a position and ultimately became a publicist," says Sykes. "(Teszler) left the company to start her own and because she loved the work I did for her, I followed her a few months later. We now work together, bouncing ideas off of each other every day and constantly bringing in new business."

Aside from the numbers, the LinkedIn survey tells us something very insightful: Women aren't asking to be mentored.

"We're all in this together," Currier reminds us. "Women today know that, and act upon it." If we look up to other women in the workplace, the study suggests we need to start asking them to help us in our own careers.

Career connections

"...Because she loved the work I did for her, I followed her a few months later. We now work together, bouncing ideas off of each other every day and constantly bringing in new business."

Brittany Sykes
Senior account executive at Teszler PR, Inc. on her supervisor, Barbara Teszler

Just because she hasn't asked for a mentor doesn't mean she doesn't want one. ISTOCK

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Canada's king of 'za offers a slice of advice

Success in writing. Award-winning businessman Jim Treliving dishes to Metro about Decisions, delivering at work and not over-doughing it

ELIZABETH BEDDALL
life@metronews.ca

Jim Treliving calls a simple visit to a Boston Pizza as a young RCMP officer the "smallest big decision" of his life.

The visit inspired Treliving to open his own Boston Pizza franchise in Penticton, B.C., and to eventually become co-owner of the award-winning business, which boasts more than $1 billion in annual sales.

In his new book Decisions, the Dragon's Den star lets a few of his secrets slip to up-and-coming business folk.

If you could offer one piece of advice to an aspiring entrepreneur, what would it be?

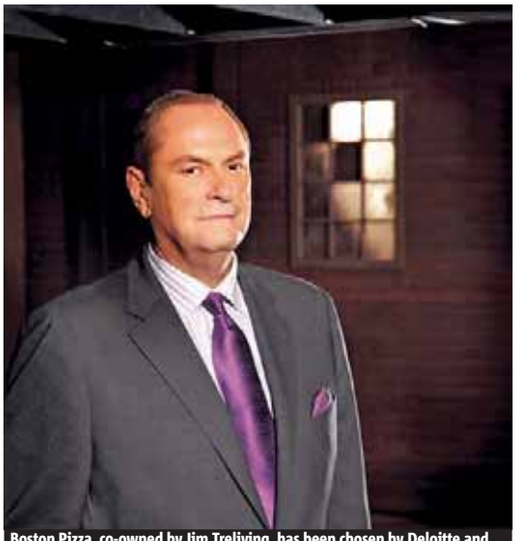
If I can offer just one suggestion to aspiring entrepreneurs it would be: understand the critical financial numbers of your business or find someone you trust who can help to you do that. Too many small entrepreneurs that I meet these days are focused on products, sales and operations without putting the time in to analyze and manage the key financial figures. I was certainly like that when I started the first Boston Pizza franchise many years ago, but luckily for me I quickly found a partner who is an accountant and can understand and manage the financial side of our businesses. Without that key component, even great business ideas will not get off the ground.

Paying it forward

Jim Treliving is donating royalties from his book Decisions to two Canadian charities he says are very important to him.

"The first one is the Centre for Addiction and Mental Health in Toronto. This is an organization that my wife Sandi and I have been personally involved with for some time and we strongly support the important work that they do and we want to help out in any way we can."

"The second charity that will be receiving royalties from the book is the Trans Canada Trail initiative that aims to complete the longest connected recreational infrastructure in the world, linking 34 million Canadians, 1,000 communities and over 23,000 kilometres of urban, rural and wilderness trail."



Boston Pizza, co-owned by Jim Treliving, has been chosen by Deloitte and the National Post as one of the 50 best-managed companies every year since 1994. GREG PAUPST/CBC

Wrong decisions are inevitable in any power position — so what is the best way to bounce back?

You are absolutely right. Wrong decisions do happen and it is important to recognize when they happen and to be prepared to admit when you have made a mistake and make things right. Nobody bats 1,000 on making decisions, so there is no shame is saying "That was a mistake, let's find a way to fix this now". The key is to recognize the problem early and have a plan to address it.

What are, in your opinion, the key reasons Boston Pizza has been recognized as one of Canada's top best-managed companies for over 18 years?

We are very proud that Boston Pizza has been selected to the Platinum Club of Canada's 50 best-managed companies and also recognized as one of Canada's top 10 most admired corporate cultures. These awards come first and foremost because of our financial success. Let's face it, if we did not have a track record of excellent sales growth and successful new restaurant openings, then we would not be considered for any awards, and rightly so. The second reason for me is simple – our people. We have a great management team, an amazing franchise community and almost 20,000 restaurant staff coast-to-coast who represent our brand incredibly well every day.

What is a right decision, and a wrong decision, that one can make when ordering a pizza pie?

Wow, that's a good one! It is hard to go wrong with pizza I guess.

I have a favourite at Boston Pizza called The Great White North with mozzarella, cheddar and smoked ham. I like to order it with fresh sliced tomatoes on top. Yum! I am usually pretty traditional with my pizza toppings but I also like to mix it up occasionally with the new ingredients that we have these days like hot peppers, BBQ chicken and pomodoro sauce. We even have a Szechuan pizza on the menu now! I guess that the only wrong decision that you can make when ordering a pizza is to not order enough. No one wants to see a big fight for that last slice!

National Career Day
Wednesday, September 12, 2012

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Fall is an ideal period to look for a new position, as many organizations search for more employees to kick start new projects and manage their increased workload during this busy time of year.

That's why, on September 12, 2012, we are holding a National Career Day that spans the country! As of 8 a.m., drop in our local offices and have an introductory interview with a Randstad consultant to explore whether one of the hundreds of permanent or temporary full-time jobs Randstad is recruiting for might be the right fit for you.

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Don't cram, stretch out your studies

Taking the long road. Set a study schedule early on to avoid cramming and procrastination

Sarah Gaikwad is a peer development facilitator at Ryerson, and oversees a program called FA-ST, which sees students helping fellow students succeed.
CHRIS YOUNG/THE CANADIAN PRESS

Test-taking likely isn't front of mind for students just getting settled back into school routines. But it's not too soon to start plotting plans to hit the books well before the first quiz pops up on the calendar.

Krista Bianco, manager of the Supported Learning Groups Program at the University of Guelph, says some students likely grew accustomed in high school to studying the night before a test and performing OK. They may be applying the same approach now that they've reached the post-secondary level, not yet aware they'll need to change.

For many students heading to college or university straight from high school, they'll likely be balancing a heavier workload in a compressed semester. It will be the first time away from home for many, and with that, their first test at managing their own time without having teachers checking up on them to ensure they've attended classes or submitted homework, she notes.

"I think for a lot of reasons that overwhelmed feeling comes along and they just don't yet have an understanding of what it is they need to do and how they need to change to meet the demands of university or college-level learning."

University of British Columbia psychology instructor Catherine Rawn leads a course featuring topics she's handpicked in the hope of helping students become improved and lifelong learners. Goal-setting, motivation and self-control are among the subjects the class covers.

Students have also teamed up on assignments that explore learning challenges, like testing anxiety. Procrastination is a topic that has arisen in discussions, she says.

"This conversation comes up when we look at self-control and the fact that we have a limited supply of it. As you use more effort, and try to get yourself to do things like sit and study and focus, you have a diminishing supply," says Rawn. "You get worse at deep thinking in any one sitting, so trying to study for eight hours at a time isn't going to work. We just don't have the ability as humans to be able to do that. So if that's their study strategy — to rely on their bodies and minds to be alert for 12 hours — that's not going to work."

Rawn suggests students create schedules which allow them to space out their studies and review course material during designated times. They should also be building their study notes as they go through their courses and making sure they're doing the readings well in advance of exams, she notes.

As if coping with the rigours of readings, tests and essays weren't tough enough, students are likely also juggling a host of other demands on their time, such as part-time jobs or extracurricular activities.

It may be challenging for some to see how to squeeze more study time into an already stacked day, but Rawn says this is the precise reason a schedule is so crucial.

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The In-Credibility Factor

Lauren Friese PROVIDED

THE IN-CREDIBILITY FACTOR
Teresa Kruze
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Name: Lauren Friese
City: Toronto
Age: 29

Friese graduated with an economics degree but couldn't find any online resources to help grads find work. Started TalentEgg in 2008 and now works with hundreds of companies and employs over 15 people.

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- Ideas are the easy part, execution is everything. I've had countless people say they had the idea and I tell them "It wasn't my idea but it was ME that did it."

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MLB

Yankees wrest back control of AL East from Orioles

Slumping Curtis Granderson came off the bench to hit his 35th homer and drive in five runs, and the New York Yankees beat the Baltimore Orioles 13-3 Sunday to regain sole possession of first place in the AL East and earn an important split of the season series.

Derek Jeter also homered for the Yankees, who lead the Orioles by one game with 22 left. Each team won twice in a four-game set that drew 173,572 fans, including 40,346 in the finale. THE ASSOCIATED PRESS

The Yankees celebrate their win on Sunday in Baltimore. GETTY IMAGES

Golf

McIlroy continues to dominate field

Rory McIlroy beat the strongest leaderboard in golf this year Sunday in the BMW Championship and joined some elite company.

McIlroy made back-to-back birdies around the turn to seize control at Crooked Stick in Carmel, Ind. He closed with a 5-under 67 for a two-shot win over Phil Mickelson and Lee Westwood.

McIlroy became the first player since Tiger Woods in 2009 to win in consecutive weeks on the PGA Tour, and with his sixth career win joined Woods and Jack Nicklaus as the only players to win at least six times at age 23. THE ASSOCIATED PRESS

Tennis

"Won the US Open Jr title today! 6-2 2-6 7-5. So happy to finish my junior career this way. This week has definitely been #beastmode."

Vancouver's Filip Peliwo, who took to Twitter after beating Britain's Liam Broady 6-2, 2-6, 7-5 in the boys' final at the U.S. Open on Sunday. Peliwo ended his junior career at Flushing Meadows by winning his second junior Grand Slam title of 2012.

The Jets' Tim Tebow scrambles during the season opener against the Buffalo Bills on Sunday in East Rutherford, N.J. JEFF ZELEVANSKY/GETTY IMAGES

Bills stunned by Jets' tightrope act

NFL. Lots of Sanchez, a little Tebow help New York to rout of Buffalo

One touchdown after another, the New York Jets eased all those pre-season concerns about their low-scoring offence.

With a whole lot of Mark Sanchez, a sprinkling of Tim Tebow and a dominant first-half effort by the defence, New York manhandled the Buffalo Bills, routing their AFC East rivals 48-28 in the season opener Sunday.

Rex Ryan passed on a chance to say, "We told you so" to his team's critics and doubters. So did Sanchez, and Tebow, too.

"Vindication, chip on our shoulder, maybe that's not the right things," Ryan said. "We were just excited to play."

And, they looked it.

Sanchez threw three touchdown passes, including two to rookie Stephen Hill, Jeremy Kerley had a touchdown catch and a punt return for a score, and Antonio Cromartie took one of New York's three interceptions of Ryan Fitzpatrick to the end zone.

"It's a great win, there's no doubt about it," Sanchez said. "But, we've got lots of work to do."

That's from a team — labelled by some a "circus" for its penchant for making off-season headlines, namely acquiring Tebow — that had many wondering what to expect after the first-team offence failed to score a touchdown in the first three games of the pre-season.

"It looked like we were making up for lost time there," Sanchez said.

Added Kerley: "We knew what we could do. We just showed the world today."

The Jets set the franchise mark for most points in a season opener on Shonn Greene's late one-yard scoring run.

"He definitely turned it on today," Kerley said of Sanchez. "I think there's always a big target on Mark's back and I think he likes it. He's a guy we trust and know what he's capable of each week, and he showed it today."

Sanchez had the offence humming along so well, the fans at MetLife Stadium actually booed Tebow when he failed to gain a yard when he took a direct snap in the second quarter. THE ASSOCIATED PRESS

Sunday's game

Jets	Bills
48	28

Quoted

"We're not running around like the sky is falling."

Bills head coach Chan Gaily

Top rookie debut

Washington stuns New Orleans on back of RG3's 2 TDs

Robert Griffin III began his NFL career by connecting on 19 of 26 passes for 320 yards and two touchdowns, and the Washington Redskins handed the Saints a 40-32 loss in their first game since the bounty scandal that overshadowed New Orleans' off-season.

Griffin completed his first eight passes, including an 88-yard touchdown pass to Pierre Garcon, tying for the second-longest scoring pass by a QB making his NFL debut.

Rookie running back Alfred Morris rushed for 96 yards and two TDs. Aldrick Robinson, making his debut, had a TD among four receptions for 52 yards. THE ASSOCIATED PRESS

Top rookie debut

Bears hold Colts' Luck in check in first taste of regular-season action

The Chicago Bears spoiled Andrew Luck's debut, beating the Indianapolis Colts 41-21 Sunday in the season opener.

The Colts' No.1 pick was 23 of 45 for 309 yards with a four-yard touchdown pass to Donnie Avery early in the fourth.

But Luck also lost a fumble, got sacked three times and threw three interceptions — two to Tim Jennings — in an up-and-down start for a rookie with huge shoes to fill.

All he has to do is prove the Colts were right to take him with the No. 1 pick in the draft and part with Peyton Manning after he missed last season with a neck injury. THE ASSOCIATED PRESS

4 SPORTS

Mobile sports

Alex Zanardi has had plenty to celebrate at the Paralympics after winning two gold medals in paracycling. And as the Paralympics came to a close on Sunday night, the former Formula One driver who lost his legs in a horrific 2001 crash had a chance to reflect on 'the process' of becoming a champion again. Scan the code for the story.

Serena comes through in clutch to win U.S. Open

Tennis. Williams rallies to beat Azarenka for fourth title at Flushing Meadows and 15th Grand Slam title

Finally tested, even trailing, at the U.S. Open, Serena Williams turned things around just in time.

Two points from defeat, Williams suddenly regained her composure and her strokes, coming back to win the last four games and beat top-ranked Victoria Azarenka 6-2, 2-6, 7-5 on Sunday night for her fourth championship at Flushing Meadows and 15th Grand Slam title overall.

"I honestly can't believe I won. I really was preparing my runner-up speech, because I thought, 'Man, she's playing so great," Williams said during the trophy presentation after the two-hour, 18-minute match, adding: "I'm really shocked."

Might be the only one.

After all, what really was stunning was that Azarenka made things as interesting as they were, given that she came into the day 1-9 against Williams over their careers.

Add in that Williams hadn't dropped a set in the tournament, losing only 19 games through six matches before Sunday.

All part of a tremendous run she is putting together in reaction to her loss at the French Open in late May, the American's only first-round exit in 49 career major tournaments. Since then, she is 26-1, winning Wimbledon and the London Olympics.

There hadn't been a three-set women's final in New York since 1995, and Williams came through with a late charge.

"Serena deserves the win. She showed how true of a champion she is," said Azarenka, who managed only 13 winners, 31 fewer than Williams.

"I definitely gave it all today. Stepping out of this court today, I will have no regrets."

While Azarenka, a 23-year-old from Belarus, doesn't have the name recognition or bona fides of Williams, she did win the Australian Open in January, and was 32-2 (a .941 winning percentage) on hard courts in 2012.

She also hadn't dropped a three-set match all season until Sunday, going 12-0 in matches that went the distance, including victories over defending U.S. Open champion Sam Stosur in the quarter-finals and 2006 champion Maria Sharapova in the semi-finals. THE ASSOCIATED PRESS

By the numbers

2002

Serena Williams became the first woman to win Wimbledon and the U.S. Open in the same season since a decade ago when — yes, that's right — she did it.

Serena Williams poses with the U.S. Open championship trophy on Sunday in New York. AL BELLO/GETTY IMAGES

Tennis

No raining on Djokovic's parade to U.S. Open final

The weather was much better at the U.S. Open on Sunday. So was Novak Djokovic.

Under a cloudless sky, in only a hint of wind, defending champion Djokovic got his game into high gear and reached his third consecutive final at Flushing Meadows by beating fourth-seeded David Ferrer of Spain 2-6, 6-1, 6-4, 6-2 in a match suspended a day earlier.

"I was a different player," the second-seeded Djokovic said. "I felt much more comfortable on the court today than I did yesterday, (when) obviously the conditions were more brutal." THE ASSOCIATED PRESS

Novak Djokovic celebrates his U.S. Open semifinal win over David Ferrer on Sunday. THE ASSOCIATED PRESS

MLB

Vizquel gets clutch hit in Fenway Park

Omar Vizquel bid a fitting farewell to Fenway Park.

The 45-year-old Vizquel drove in the go-ahead run on a sacrifice fly in the top of the ninth inning for the Toronto Blue Jays in a 4-3 win over the free-falling Boston Red Sox on Sunday.

It was the second sacrifice RBI of the game for the veteran infielder, who drove in half of the Blue Jays' runs as they completed a three-game sweep that got Toronto out of last place and put the Red Sox firmly at the bottom of the AL East standings.

"I'm glad that things went all right. My last at-bat was a good at-bat — a game-winning RBI," said Vizquel, who is retiring at the end of the season. "I feel pretty special because I have a lot of memorable moments here."

Boston got a strong start from Clay Buchholz (11-6) but failed to give him much run support.

Buchholz allowed four runs on seven hits over 8 2-3 innings, retiring 13 straight batters before Rajai Davis blooped a single with one out in the ninth. Davis promptly stole his 41st base and took third on a single by rookie Anthony Gose, who hit his first career homer Saturday night and drove in five runs.

Embattled Boston manager Bobby Valentine came to the mound and was booed loudly, then cheered when he let Buchholz try to get himself out of the jam.

"I just wanted to make sure he believed like I did, that he had enough. He said, 'Guaranteed,'" Valentine said of his chat with Buchholz.

Gose stole second and the Red Sox intentionally walked Kelly Johnson to load the bases for Vizquel, who came through with a fly ball to left that was deep enough to score Davis and end the afternoon for Buchholz. THE ASSOCIATED PRESS

Omar Vizquel knocks in the winning run with a sacrifice fly Sunday in Boston. GETTY IMAGES

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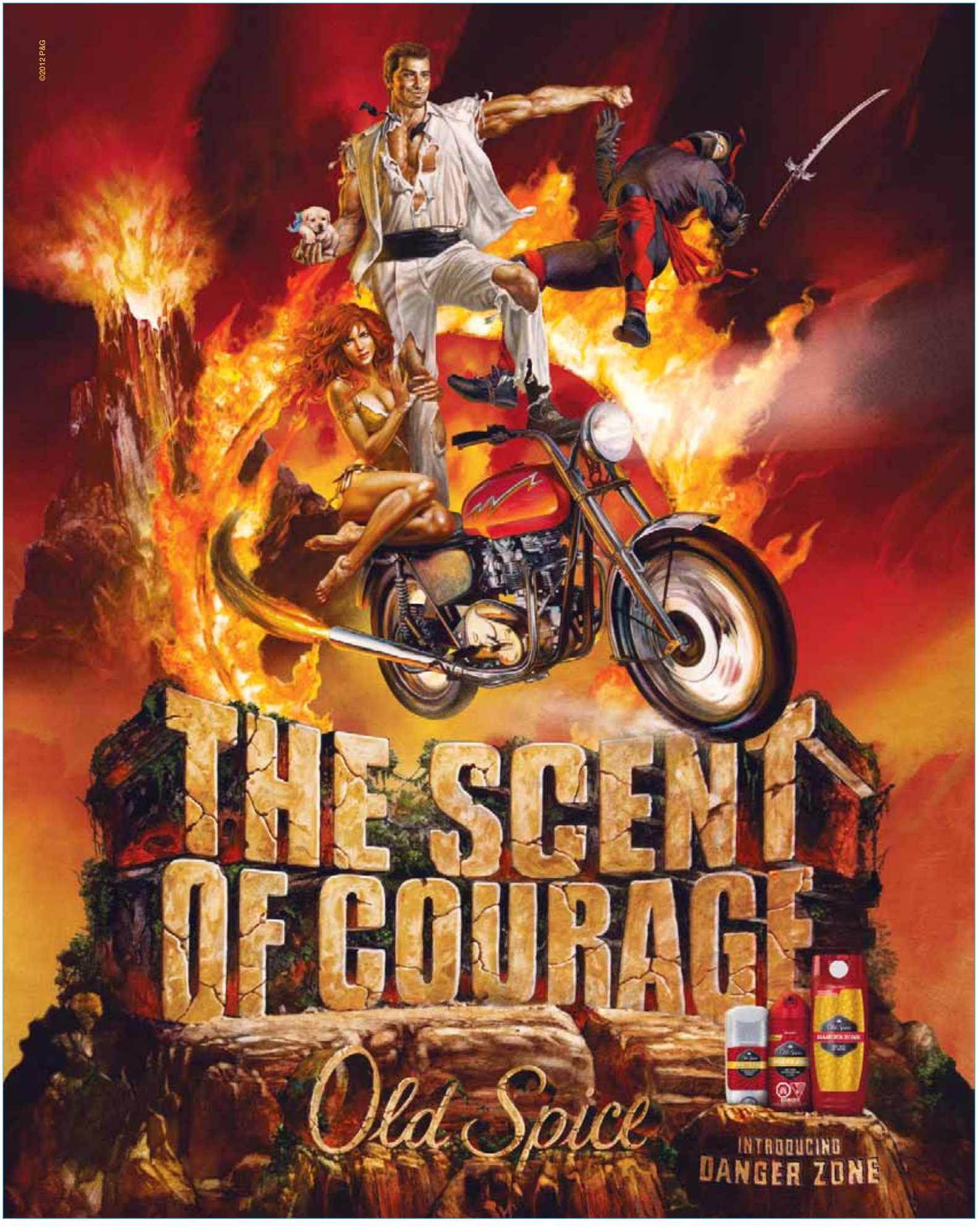
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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	79	61	.564	—
Baltimore	78	62	.557	1
Tampa Bay	77	63	.550	2
Toronto	64	75	.460	14½
Boston	63	78	.447	16½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	75	64	.540	—
Detroit	73	66	.525	2
Kansas City	63	77	.450	12½
Cleveland	59	81	.421	16½
Minnesota	58	82	.414	17½

WEST DIVISION

	W	L	Pct	GB
Texas	83	57	.593	—
Oakland	79	60	.568	3½
Los Angeles	77	63	.550	6
Seattle	67	74	.475	16½

Sunday's results
N.Y. Yankees 13, Baltimore 3
Toronto 4, Boston 3
Tampa Bay 6, Texas 0
Minnesota 8, Cleveland 7
Kansas City 2, Chicago White Sox 1, 10 innings
L.A. Angels 3, Detroit 2
Oakland 4, Seattle 2

Saturday's results
Chicago White Sox 5, Kansas City 4
Baltimore 5, N.Y. Yankees 4
Minnesota 3, Cleveland 0
Texas 4, Tampa Bay 2, 10 innings
Toronto 9, Boston 2
L.A. Angels 6, Detroit 1
Oakland 6, Seattle 1

Monday's games

All Times Eastern
Cleveland (Masterson 11-12) at Minnesota (Deduno 5-3), 8:10 p.m.
Detroit (Porcello 9-11) at Chicago White Sox (Quintana 5-4), 8:10 p.m.
Oakland (J.Parker 9-8) at L.A. Angels (Haren 10-10), 10:05 p.m.

Tuesday's Games
Tampa Bay at Baltimore, 7:05 p.m.
Seattle at Toronto, 7:07 p.m.
N.Y. Yankees at Boston, 7:10 p.m.
Cleveland at Texas, 8:05 p.m.
Detroit at Chicago White Sox, 8:10 p.m.
Kansas City at Minnesota, 8:10 p.m.
Oakland at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	86	54	.614	—
Atlanta	81	60	.574	5½
Philadelphia	69	71	.493	17
New York	65	75	.464	21
Miami	63	78	.447	23½

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	84	57	.596	—
St. Louis	75	65	.536	8½
Pittsburgh	72	67	.518	11
Milwaukee	69	71	.493	14½
Chicago	54	86	.386	29½
Houston	44	96	.314	39½

WEST DIVISION

	W	L	Pct	GB
San Francisco	78	61	.561	—
Los Angeles	74	66	.529	4½
Arizona	69	72	.489	10
San Diego	66	75	.468	13
Colorado	56	83	.403	22

Sunday's results
Philadelphia 3, Colorado 2, 1st game
Philadelphia 7, Colorado 4, 2nd game
Atlanta 3, N.Y. Mets 2, 10 innings
Houston 5, Cincinnati 1
Chicago Cubs 4, Pittsburgh 2
Miami 8, Washington 0
St. Louis 5, Milwaukee 4, 10 innings
San Diego 8, Arizona 2
L.A. Dodgers at San Francisco

Saturday's results
Washington 7, Miami 6, 10 innings
Atlanta 11, N.Y. Mets 3
L.A. Dodgers 3, San Francisco 2
Chicago Cubs 4, Pittsburgh 3
Colorado at Philadelphia, ppd., rain
Cincinnati 5, Houston 1
Milwaukee 6, St. Louis 3
Arizona 8, San Diego 5

Monday's games

All Times Eastern
Miami (LeBlanc 2-3) at Philadelphia (K.Kendrick 8-10), 7:05 p.m.
Pittsburgh (W.Rodriguez 10-13) at Cincinnati (Latos 12-4), 7:10 p.m.
Washington (G.Gonzalez 18-7) at N.Y. Mets (McHugh 0-1), 7:10 p.m.
Chicago Cubs (Volstad 2-10) at Houston (Keuchel 1-7), 8:05 p.m.
Atlanta (Minor 8-10) at Milwaukee (W.Peralta 1-0), 8:10 p.m.
San Francisco (Vogelsong 12-7) at Colorado (White 2-8), 8:40 p.m.
St. Louis (J.Garcia 4-6) at San Diego (Stults 5-2), 10:05 p.m.

Tuesday's Games
Miami at Philadelphia, 7:05 p.m.
Pittsburgh at Cincinnati, 7:10 p.m.
Washington at N.Y. Mets, 7:10 p.m.
Chicago Cubs at Houston, 8:05 p.m.
Atlanta at Milwaukee, 8:10 p.m.
San Francisco at Colorado, 8:40 p.m.
L.A. Dodgers at Arizona, 9:40 p.m.
St. Louis at San Diego, 10:05 p.m.

BLUE JAYS 4, RED SOX 3

Toronto	ab	r	h	bi	Boston	ab	r	h	bi
Lawrie 3b	5	0	1	0	Kalish rf	2	0	1	0
Rasms cf	3	0	0	0	Nava ph-rf	1	0	0	0
Encrnc dh	3	0	0	0	Pdsdnk lf	3	0	0	0
Lind 1b	4	0	0	0	Pedroia 2b	4	1	2	1
RDavis lf	3	2	2	0	Loney 1b	4	0	1	0
Gose rf	4	1	2	0	DeJess pr	0	0	0	0
Mathis c	3	1	1	1	C.Ross dh	3	1	2	0
KJhnsn ph	0	0	0	0	Ellsury cf	4	1	1	2
Torreal c	0	0	0	0	Aviles ss	4	0	0	0
Vizquel 2b	2	0	0	2	Lvrnwy c	3	0	1	0
Hchvrr ss	3	0	1	1	Ciriaco 3b	3	0	0	0
Totals	**30**	**4**	**7**	**4**	**Totals**	**31**	**3**	**8**	**3**

Toronto	000	300	001	4
Boston	020	001	000	3

DP—Toronto 2. LOB—Toronto 6, Boston 4. 2B—C.Ross (30), Lavarnway (4). HR—Pedroia (14), Ellsbury (3). SB—R.Davis (41), Gose (14), K.Johnson (11). S—Rasmus, Podsednik. SF—Vizquel 2.

	IP	H	R	ER	BB	SO
Toronto						
Villanueva	6	7	3	3	2	2
Delabar	1	0	0	0	0	1
Loup	2-3	0	0	0	0	0
Lyon W,2-0	1-3	0	0	0	0	0
Janssen S,20-23	1	1	0	0	0	1
Boston						
Buchholz L,11-6	8 2-3	7	4	4	3	4
Tazawa	1-3	0	0	0	1	1

Umpires—Home, Clint Fagan; First, Chris Guccione; Second, Jeff Nelson; Third, Bill Welke. T—3:03. A—37,226 (37,067).

TRANSACTIONS

MLB

AMERICAN LEAGUE

BOSTON — Activated OF Daniel Nava from the 15-day DL.

CLEVELAND — Activated INF Lonnie Chisenhall from the 60-day DL. Transferred RHP Josh Tomlin from the 15- to 60-day DL.

N.Y. YANKEES — Activated RHP Ivan Nova from the 15-day DL.

NFL

HOUSTON — Signed QB Matt Schaub to a four-year contract extension and DE Tim Jamison to a two-year contract extension.

WHL

VICTORIA — Waived F Mike Forsyth and G Keith Hamilton. Released F Clay Spencer.

CIS

WEEK TWO

Saturday's results
Acadia 21 Saint Mary's 16
Guelph 28 Windsor 9
Laval 28 Bishop's 22
Manitoba 31 Saskatchewan 28
McMaster 68 Waterloo 21
Queen's 42 Wilfrid Laurier 16
Western Ontario 62 Toronto 7
York 47 Ottawa 36

Friday's results
Calgary 65 Alberta 6
Montreal 48 Concordia 10
Regina 49 British Columbia 20
Sherbrooke 46 McGill 14
St. Francis Xavier 51 Mount Allison 5

GOLF

PGA BMW CHAMPIONSHIP

At Carmel, Ind.
Par 72 (36-36)
Final Round

Rory McIlroy, $1,440,000	64-68-69-67—268
Phil Mickelson, $704,000	69-67-64-70—270
Lee Westwood, $704,000	68-65-68-69—270
Robert Garrigus, $352,000	67-69-66-69—271
Tiger Woods, $352,000	65-67-71-68—271
Dustin Johnson, $278,000	68-67-67-70—272
Adam Scott, $278,000	68-68-66-70—272
Vijay Singh, $248,000	65-66-69-73—273
Jim Furyk, $232,000	69-70-67-68—274
Ryan Moore, $208,000	66-66-73-70—275
Bo Van Pelt, $208,000	64-69-71-71—275
Zach Johnson, $162,000	67-69-68-72—276
Chris Kirk, $162,000	68-68-69-71—276
Ian Poulter, $162,000	68-68-69-71—276
Bubba Watson, $162,000	69-71-71-65—276
Greg Chalmers, $108,600	74-70-68-66—278
Tom Gillis, $108,600	69-67-73-69—278
Padraig Harrington, $108,600	70-65-70-73—278
John Huh, $108,600	70-66-73-69—278
Troy Matteson, $108,600	70-66-71-71—278
Seung-Yul Noh, $108,600	68-66-73-71—278
Louis Oosthuizen, $108,600	68-69-68-73—278
Justin Rose, $108,600	67-70-70-71—278
Ben Curtis, $73,600	70-69-68-72—279
Sergio Garcia, $73,600	69-69-71-70—279
Kevin Na, $62,800	72-71-68-69—280
Steve Stricker, $62,800	68-73-68-71—280
Brendon de Jonge, $53,200	71-66-71-73—281
Luke Donald, $53,200	66-72-72-71—281
Jason Dufner, $53,200	72-67-73-69—281
Ernie Els, $53,200	68-71-69-73—281
Geoff Ogilvy, $53,200	68-71-74-68—281
Charl Schwartzel, $53,200	69-68-72-72—281
J.B. Holmes, $43,200	70-74-67-71—282
Graeme McDowell, $43,200	68-67-69-78—282
Kyle Stanley, $43,200	68-70-69-75—282
Graham DeLaet, $36,800	**64-70-74-75—283**
Bob Estes, $36,800	71-69-71-72—283
Scott Piercy, $36,800	72-71-72-68—283
Brandt Snedeker, $36,800	69-69-71-74—283
Ben Crane, $30,400	67-71-74-72—284
Rickie Fowler, $30,400	67-70-73-74—284
Brian Harman, $30,400	73-69-70-72—284
Charlie Wi, $30,400	70-72-72-70—284
Also	
David Hearn, $16,720	**69-70-77-76—292**

LPGA-KINGSMILL CHAMPIONSHIP

At Williamsburg, Va.
Par: 71
Final Round

Jiyai Shin	62-68-69-69—268
Paula Creamer	65-67-65-71—268
Karine Icher	70-68-67-65—270
Danielle Kang	67-64-70-69—270
Angela Stanford	69-67-71-64—271
Catriona Matthew	67-70-66-68—271
Mika Miyazato	66-70-70-66—272
Ai Miyazato	67-68-67-70—272
Maria Hjorth	65-69-71-68—273
Gerina Piller	67-69-68-69—273
Stacy Lewis	69-65-68-71—273
Azahara Munoz	65-68-69-71—273
Dewi Claire Schreefel	66-66-69-73—274
Pernilla Lindberg	71-68-72-65—276
Anna Nordqvist	70-70-67-69—276
Karin Sjodin	67-70-69-70—276
Sandra Gal	69-67-69-71—276
Candie Kung	68-67-70-71—276
Lexi Thompson	67-66-72-71—276
Also	
Isabelle Beisiegel	**67-70-71-71—279**
Lorie Kane	**69-72-74-69—284**

EUROPEAN PGA KLM OPEN

At Hilversum, Netherlands
Par 70
Final Round

Peter Hanson	66-66-67-67—266
Pablo Larrazabal	69-65-64-70—268
Richie Ramsay	71-66-64-67—268
Scott Jamieson	68-64-66-71—269
Henrik Stenson	68-70-64-69—271

CFL

WEEK 11

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Toronto	10	6	4	0	255	253	12
Montreal	10	6	4	0	273	310	12
Hamilton	10	3	7	0	297	339	6
Winnipeg	10	2	8	0	200	321	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	10	7	3	0	270	181	14
Calgary	10	6	4	0	268	254	12
Saskatchewan	10	5	5	0	267	206	10
Edmonton	10	5	5	0	239	205	10

Sunday's result
Saskatchewan 25 Winnipeg 24

Saturday's results
B.C. 43 Montreal 10
Toronto 45 Hamilton 31

Friday's result
Calgary 20 Edmonton 18

WEEK 12

Friday, Sept. 14
Winnipeg at Calgary, 9 p.m.

Saturday, Sept. 15
Edmonton at Hamilton, 3 p.m.
Toronto at B.C., 7 p.m.

Sunday, Sept. 16
Saskatchewan at Montreal, 1 p.m.

NFL

WEEK ONE

Sunday's results
Chicago 41, Indianapolis 21
Minnesota 26, Jacksonville 23, OT
Houston 30, Miami 10
New England 34, Tennessee 13
Washington 40, New Orleans 32
Atlanta 40, Kansas City 24
N.Y. Jets 48, Buffalo 28
Detroit 27, St. Louis 23
Philadelphia 17, Cleveland 16
Arizona 20, Seattle 16
San Francisco 30, Green Bay 22
Tampa Bay 16, Carolina 10
Pittsburgh at Denver

Wednesday's result
Dallas 24 N.Y. Giants 17

Monday's games
Cincinnati at Baltimore, 7 p.m.
San Diego at Oakland, 10:15 p.m.

WEEK TWO

Thursday, Sep. 13
Chicago at Green Bay, 8:20 p.m.

Sunday, Sep. 16
Tampa Bay at N.Y. Giants, 1 p.m.
New Orleans at Carolina, 1 p.m.
Arizona at New England, 1 p.m.
Minnesota at Indianapolis, 1 p.m.
Baltimore at Philadelphia, 1 p.m.
Kansas City at Buffalo, 1 p.m.
Cleveland at Cincinnati, 1 p.m.
Houston at Jacksonville, 1 p.m.
Oakland at Miami, 1 p.m.
Dallas at Seattle, 4:05 p.m.
Washington at St. Louis, 4:05 p.m.
Tennessee at San Diego, 4:25 p.m.
N.Y. Jets at Pittsburgh, 4:25 p.m.
Detroit at San Francisco, 8:20 p.m.

Monday, Sep. 17
Denver at Atlanta, 8:30 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	27	15	7	5	34	24	50
New York	26	13	7	7	46	39	46
Houston	28	12	7	9	40	33	45
Chicago	26	13	8	5	35	31	44
Columbus	27	12	9	6	33	32	42
D.C. United	27	12	10	5	43	38	41
Montreal	29	12	14	3	43	46	39
New England	28	7	14	7	35	38	28
Philadelphia	25	7	13	5	25	30	26
Toronto	27	5	16	6	30	48	21

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-San Jose	27	16	6	5	56	33	53
Seattle	27	13	6	8	43	28	47
Real Salt Lake	29	14	11	4	38	32	46
Los Angeles	28	13	11	4	48	40	43
Vancouver	28	10	11	7	29	37	37
Dallas	29	8	12	9	34	38	33
Colorado	28	9	17	2	36	41	29
Chivas USA	26	7	12	7	21	41	28
Portland	27	7	14	6	27	46	27

x — clinched playoff berth.
Note: Three points for a win, one for a tie.

Saturday's result
Seattle 2 Chivas USA 1

Thursday's result
Houston 1 Real Salt Lake 0

Wednesday's game
Chicago at Toronto, 7 p.m. (rescheduled from July 21)

Friday, Sept. 14
Houston at Kansas City, 8:30 p.m.
Colorado at Los Angeles, 11 p.m.

Saturday, Sept. 15
Philadelphia at Toronto, 1 p.m.
Seattle at Portland, 3:30 p.m.
Columbus at New York, 7 p.m.
New England at D.C. United, 7:30 p.m.
Montreal at Chicago, 8:30 p.m.
Vancouver at Dallas, 8:30 p.m.
San Jose at Chivas USA, 10:30 p.m.

FIFA WOMEN'S UNDER-20 WORLD CUP

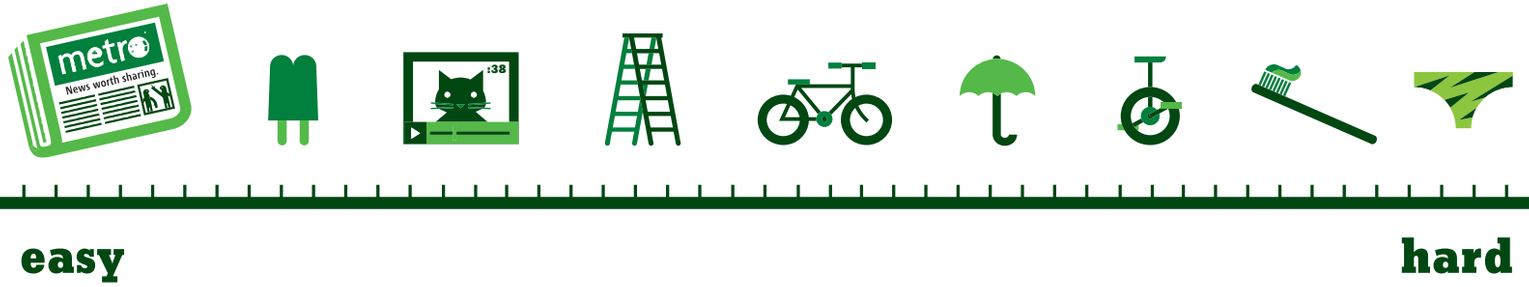
Saturday's results
At Tokyo
Third Place
Japan 2 Nigeria 1
Championship
U.S. 1 Germany 0

TENNIS

U.S. OPEN

At New York
Sunday's results
Singles
MEN
Semifinals
Novak Djokovic (2), Serbia, def. David Ferrer (4), Spain, 2-6, 6-1, 6-4, 6-2.
Championship
Serena Williams (4), United States, def. Victoria Azarenka (1), Belarus, 6-2, 2-6, 7-5.
Doubles
Women
Championship
Sara Errani and Roberta Vinci (2), Italy, def. Andrea Hlavackova and Lucie Hradecka (3), Czech Republic, 6-4, 6-2.
Junior Singles
Boys
Championship
Filip Peliwo (2), Canada, def. Liam Broady (13), Britain, 6-2, 2-6, 7-5. Girls Championship
Samantha Crawford, United States, def. Anett Kontaveit (12), Estonia, 7-5, 6-3.

Sharability



Canadian athletes soaked up spotlight

Paralympics. Ticket sales, TV ratings and anecdotes show London embraced Games

Canada's athletes feel Paralympic sport hit a new level of recognition and respect in London, England.

Whether that spotlight extends to Canada when they go home after Sunday's closing ceremonies of the Paralympic Games is debatable.

But the Canadians have enjoyed their status as the top show in London. And that's with the Premier League soccer season opening just prior to the Games.

Ticket sales, television ratings and anecdotal information from the athletes themselves indicate the host city embraced the Paralympic Games like none before it.

The 80,000-seat Olympic Stadium was full for track and field finals. The velodrome was ear-splitting, particularly when a British cyclist was on the track. The swimming pool stands had people in them all the way to the top row.

"What's new about these Games is the popularity of the events," four-time Paralympic swimmer Benoit Huot said. "Sold out for heats, sold out for finals.

"We've never seen that. In Sydney, Athens and Beijing, in the heats it wasn't sold out. There were people, but it was mostly summer camps or kids from schools. Here, it's the public that bought tickets and that's a first."

THE CANADIAN PRESS

Medals

- The stated objective of a top-eight finish in gold medals won at the 2012 Paralympic Games proved too ambitious for Canada.
- Seven gold medals was well below the 19 won four years ago in Beijing. Canada ranked 20th among 166 countries with 31 total medals.

Fireworks light up the Olympic Stadium during the closing ceremony of the Paralympic Games Sunday in London, England. JULIAN FINNEY/GETTY IMAGES

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4.	ANGELITA MARTINEZ	208 LAKE PROMENADE ST, ETOBICOKE Ontario, M8W 1A8
5.	KAREN DUNKERLEY	83 SORAUREN AVE, TORONTO Ontario, M6R 2E1
6.	OLEKSIY NECHYPORENKO	2311 LAKESHORE BLVD W, #102, ETOBICOKE ON, M8V 1A6
7.	CRAIG RUHNKE	1 PALACE PIER CRT #1205, TORONTO Ontario, M8V 3W9
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9.	RUSSELL BRAKE	2529 LAKESHORE BLVD W. #206, TORONTO Ontario, M8V 1E6
10.	BISNATH SAMAROO	21 RICHGROVE DR #1102, ETOBICOKE Ontario, M9R 2L2
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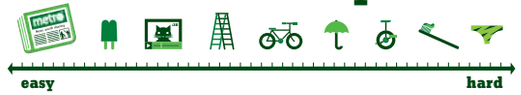

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Horoscopes

♈ Aries
March 21 - April 20
Go easy on yourself this week, especially on the work front where not only are you being ridiculously ambitious but others are expecting you to work yourself into the ground. Your health must always come first.

♉ Taurus
April 21 - May 21
All types of relationships will go well for you now but affairs of the heart will go best of all, so stop worrying that a certain person does not like you as much as you like them – it isn't true.

♊ Gemini
May 22 - June 21
Family matters of all kinds will go better now with both the Sun and Mercury, your ruler, moving through the domestic area of your chart. They will go better still if you forgive those who have let you down.

♋ Cancer
June 22 - July 23
You will need to make allowances over the next few days for those who cannot think or act as fast as you. Stay calm and don't let little things annoy you. Mental, emotional and physical relaxation is a must.

♌ Leo
July 24 - Aug. 23
Make sure you get what you deserve, both emotionally and financially. Others will happily give you less than they should if they think they can get away with it, so you must stand up for yourself.

♍ Virgo
Aug. 24 - Sept. 23
Your life is about to take a turn for the better. Few things will faze you this week and even fewer will have a negative effect on your affairs. Your luck will improve and your attitude will improve even more.

♎ Libra
Sept. 24 - Oct. 23
The more you put other people first now the more you will gain personally – it's one of those proverbial win-win situations. It's always what you do one-to-one that changes the world for the better.

♏ Scorpio
Oct. 24 - Nov. 22
Get out and about today because the more you mix the more likely it is you will meet someone who changes your life for the better. Group activities of all kinds are well starred over the next few days.

♐ Sagittarius
Nov. 23 - Dec. 21
Before you start something new make sure it is what you really want to be doing. All too often you begin new projects in a burst of enthusiasm only to lose interest later. Only do what you are passionate about.

♑ Capricorn
Dec. 22 - Jan. 20
No matter how challenging events may be you will take it in your stride and your calm behavior will inspire those around you, both at home and at work. If only everyone could be as composed as you.

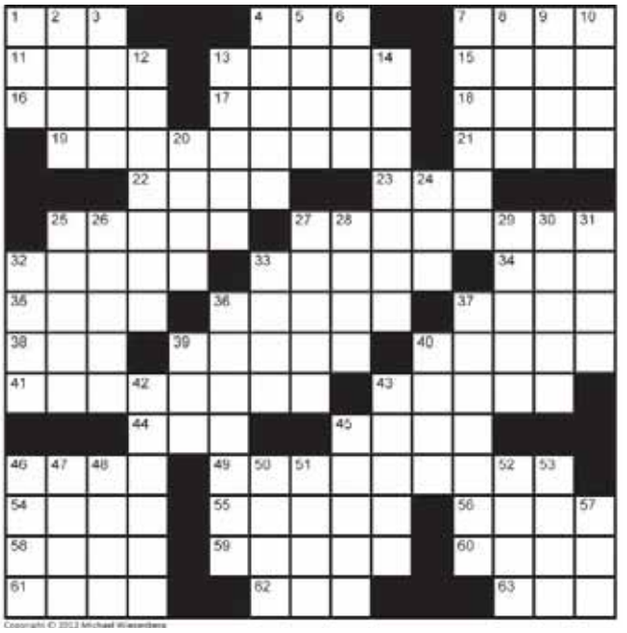
♒ Aquarius
Jan. 21 - Feb. 19
Happiness is a state of mind and at the moment your state of mind is being disrupted by worries about your money situation. The new moon on the 16th will resolve matters in your favor. Until then, relax.

♓ Pisces
Feb. 20 - March 20
Recent suspicions about people you live or work with will be swept away over the next 24 hours and you may be a bit embarrassed by your negative attitude. Never mind – no one got hurt.

SALLY BROMPTON

Crossword: (Mount St. Elias Is the Second-Highest)

BY MICHAEL WIESENBERG



Across
1. "Beg pardon?"
4. Greek X
7. Daily dosages, casually
11. Guitarist Clapton
13. Brag
15. Shrinking inland sea that forms part of the border between Kazakhstan and Uzbekistan
16. Ancient civilization of the Yucatán
17. Unctuous David Copperfield character ___ Heep
18. World's longest river
19. Guy ___: Québec-born Cirque du Soleil founder, billionaire, International Space Station visitor, and high-stakes poker player
21. Accomplishment
22. Top Olympic medal
23. Exist
25. Carpentry smoother
27. Added up
32. Anjou, Bosc, and Bartlett
33. Prince who's third in line for the UK crown
34. Adam's mate
35. "Give it ___!": "Taste this!" (2 wds.)
36. Mountain ___: The Rockies or Cascades
37. Poker player's response to "Do you want a hand?" (2 wds.)
38. Lord of the Rings actress Tyler (Aerosmith's Steven Tyler's daughter)
39. Liberal ___
40. Crouch
41. Annual 12-Down event
43. Absorb facts
44. Approved
45. Apple covering
46. "Mon ___!": French mild oath
49. Toronto CFL team
54. Pastoral poem
55. Mars or Venus
56. Poker player's reply to "How'd you do?" after a successful session (2 wds.)
58. Encounter
59. Christmases
60. Dickens' A ___ of Two Cities
61. Backtalk
62. Classic British sports cars
63. Distribute seeds

Down
1. Bottom seam
2. Russian mountain range or river
3. Breezy greeting
4. Hollowed out, as an apple
5. Ponytail material
6. "The hour ___ hand": (2 wds.)
7. Ontario-born Howie of Deal or No Deal
8. Great Lake
9. Broad lowland
10. Winter conveyance
12. Alberta's largest city
13. BC-born pop singer Michael
14. IMAX ___
20. Accelerator particles
24. Sunbeam
25. Small: Fr.
26. Cocoon spinner
27. Aunt: Fr.
28. Bacchanal
29. Madagascar tree climber
30. Perrier or Aquafina competitor
31. Minor automobile accident result
32. Buddies
33. Difficult
36. Edmonton-born actress ___ Chong (Tommy's daughter) (2 wds.)
37. Nunavut capital
39. Walther ___: Bond's gun
40. "I ___ bad moon rising" (2 wds.)
42. Sheds feathers
43. Gives money (to)
45. Canvasses
46. Darkens
47. Thought
48. "I Only Have ___ for You"
50. Apartment division
51. Allman or Lake of rock
52. "___ the night before Christmas ..."
53. Alone
57. Just put on the market

Friday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	7		1		8		4	
	2	1	3		4	9	5	
7			8		5			4
		6	9		2	5		
4			6		7			2
	8	5	2		6	4	1	
	1		7		3		6	

Friday's Sudoku

Today
19°/9°
Sunny
Tuesday
24°/13°
Partly cloudy
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